


**Sports Studies 2023-2024 LTP**

 The Westleigh School	HT1 (Week1-7)	HT2 (Week8-15)	HT3 (Week16-21)	HT4 (Week22-27)	HT5 (Week28-32)	HT6 (Week33-39)
<b>YEAR 10</b>	<p>Topic – R187 Increasing awareness of OAA                      TA1: Provision for different types of OAA</p> <ul style="list-style-type: none"> <li>• Types of OAA</li> <li>• OAA organisations (incl. NGB's)</li> <li>• Provision of OAA locally and nationally</li> </ul> <p>TA2: Equipment, clothing and safety aspects of participating in OAA</p> <ul style="list-style-type: none"> <li>• Types of equipment (Safety/specialist)</li> <li>• Types of clothing</li> <li>• Types of technology</li> <li>• Types of terrain</li> <li>• Performance enhancing drugs</li> </ul> <p><b>Assessment</b> – Coursework  <b>Literacy focus</b> – Writing at length</p>	<p>Topic – R187 Increasing awareness of OAA                      TA2: Equipment, clothing and safety aspects of participating in OAA</p> <ul style="list-style-type: none"> <li>• Types of equipment (Safety/specialist)</li> <li>• Types of clothing</li> <li>• Types of technology</li> <li>• Types of terrain</li> <li>• Performance enhancing drugs</li> </ul> <p><b>Assessment</b> – Coursework  <b>Literacy focus</b> – Writing at length</p> <p>TA3: Plan for and participate in an OAA</p> <ul style="list-style-type: none"> <li>• Key considerations when planning an OAA</li> <li>• OAA risk assessment</li> <li>• Emergency Procedures</li> <li>• Demonstrate appropriate skills in OAA</li> </ul> <p><b>Assessment</b> – Coursework  <b>Literacy focus</b> – Writing at length</p>	<p>Topic – R185 Performance and leadership in sports activities                      TA1: Key components of performance</p> <ul style="list-style-type: none"> <li>• Performance in 2 sporting activities</li> </ul> <p>TA2: Applying practice methods to support improvements</p> <ul style="list-style-type: none"> <li>• Strengths and weaknesses of performance</li> <li>• Methods to improve performance</li> <li>• Measuring improvements in performance</li> </ul> <p><b>Assessment</b> – Practical assessment, Coursework  <b>Literacy focus</b> – Writing at length</p>	<p>Topic – R185 Performance and leadership in sports activities                      TA2: Applying practice methods to support improvements</p> <ul style="list-style-type: none"> <li>• Strengths and weaknesses of performance</li> <li>• Methods to improve performance</li> <li>• Measuring improvements in performance</li> </ul> <p>TA3: Organising and planning a sports activity session</p> <ul style="list-style-type: none"> <li>• Organisation of a sports session</li> <li>• Safety Considerations</li> <li>• Objectives of the session</li> </ul> <p><b>Assessment</b> – Coursework  <b>Literacy focus</b> – Writing at length</p>	<p>Topic – R185 Performance and leadership in sports activities                      TA3: Organising and planning a sports activity session</p> <ul style="list-style-type: none"> <li>• Organisation of a sports session</li> <li>• Safety Considerations</li> <li>• Objectives of the session</li> </ul> <p><b>Assessment</b> – Coursework, Practical assessment  <b>Literacy focus</b> – Writing at length</p> <p>Topic – R187 Increasing awareness of OAA                      TA3: Plan for and participate in an OAA</p> <ul style="list-style-type: none"> <li>• Demonstrate appropriate skills in OAA</li> </ul> <p><b>Assessment</b> – Practical Assessment  <b>Literacy focus</b> – Analyse own performance</p>	<p>Topic – R185 Performance and leadership in sports activities                      TA4: Leading a sports activity session</p> <ul style="list-style-type: none"> <li>• Organisation of a sports session</li> <li>• Leading a sports session</li> </ul> <p>Topic – R187 Increasing awareness of OAA                      TA3: Plan for and participate in an OAA</p> <ul style="list-style-type: none"> <li>• Demonstrate appropriate skills in OAA</li> </ul> <p>TA4: Evaluate participation in OAA</p> <ul style="list-style-type: none"> <li>• Evaluate participation in OAA</li> <li>• Evaluate the value of OAA</li> </ul> <p>Exam Preparation</p> <p><b>Assessment</b> – Coursework, Practical Assessment  <b>Literacy focus</b> – Writing at length</p>

<p><b>YEAR 11</b></p>	<p>Topic – R187 Increasing awareness of OAA TA1: Provision for different types of OAA</p> <ul style="list-style-type: none"> <li>Types of OAA</li> <li>OAA organisations (incl. NGB's)</li> <li>Provision of OAA locally and nationally</li> </ul> <p>TA2: Equipment, clothing and safety aspects of participating in OAA</p> <ul style="list-style-type: none"> <li>Types of equipment (Safety/specialist)</li> <li>Types of clothing</li> <li>Types of technology</li> <li>Types of terrain</li> <li>Performance enhancing drugs</li> </ul> <p><b>Assessment</b> – Coursework <b>Literacy focus</b> – Writing at length</p> <p>Topic – R185 Performance and leadership in sport TA2: Apply Practice methods to support improvement in sporting activity.</p> <ul style="list-style-type: none"> <li>Identify areas of improvement</li> <li>Types of skills</li> <li>Types of practice</li> <li>Methods to improve</li> <li>Measuring improvements</li> </ul> <p><b>Assessment</b> - Coursework <b>Literacy focus</b> – analysing and evaluating</p>	<p>Topic – R185 Performance and leadership in sports activities TA4: Leading a sports activity session</p> <ul style="list-style-type: none"> <li>Organisation of a sports session</li> <li>Leading a sports session</li> </ul> <p><b>Assessment</b> – Coursework, Practical assessment <b>Literacy focus</b> – Writing at length</p> <p>Topic – R184 Contemporary Issues TA1: Understand the issues which affect participation in Sport</p> <ul style="list-style-type: none"> <li>User groups who may participate in sport</li> <li>Possible barriers</li> <li>Solutions to barriers</li> <li>Factors affecting popularity of sport</li> <li>Emerging sports in UK</li> </ul> <p><b>Assessment</b> – R184 Booklet. Mock Exam <b>Literacy focus</b> – Recall answer questions</p> <p>Topic – R184 Contemporary Issues TA2: Role of sport in promoting values</p> <ul style="list-style-type: none"> <li>Values promoted through sport</li> <li>Olympic and Paralympic movement</li> <li>Initiatives in sport</li> <li>Sporting behaviour</li> <li>Performance enhancing drugs</li> </ul> <p><b>Assessment</b> – R184 Booklet. Mock Exam <b>Literacy focus</b> – Recall answer questions</p>	<p>Topic – R184 Contemporary Issues TA2: Role of sport in promoting values</p> <ul style="list-style-type: none"> <li>Values promoted through sport</li> <li>Olympic and Paralympic movement</li> <li>Initiatives in sport</li> <li>Sporting behaviour</li> <li>Performance enhancing drugs</li> </ul> <p><b>Assessment</b> – R184 Booklet. Mock Exam <b>Literacy focus</b> – Recall answer questions</p> <p>Topic – R184 Contemporary Issues TA3: The Implications of hosting a major sporting event</p> <ul style="list-style-type: none"> <li>Features of a MSE</li> <li>Pre-event implications</li> <li>During &amp; post-event implications</li> </ul> <p><b>Assessment</b> – R184 Booklet. Mock Exam <b>Literacy focus</b> – Recall answer questions</p> <p>Topic – R185 Performance and leadership in sports activities TA4: Leading a sports activity session</p> <ul style="list-style-type: none"> <li>Organisation of a sports session</li> <li>Leading a sports session</li> </ul> <p>TA5: Reviewing own performance in planning and leading a sports session</p> <ul style="list-style-type: none"> <li>Review leadership of sports activity session</li> </ul> <p><b>Assessment</b> – Coursework, Practical assessment <b>Literacy focus</b> – Analysing own performance</p>	<p>Topic – R184 Contemporary Issues TA4: The role of NGB's</p> <ul style="list-style-type: none"> <li>Different roles of a NGB</li> </ul> <p><b>Assessment</b> – R184 Booklet. Mock Exam <b>Literacy focus</b> – Recall answer questions</p> <p>Topic – R184 Contemporary Issues TA5: The use of technology in sport</p> <ul style="list-style-type: none"> <li>Role of technology in sport</li> <li>Positive and negative effects of technology</li> </ul> <p><b>Assessment</b> – R184 Booklet. Mock Exam <b>Literacy focus</b> – Recall answer questions</p> <p>Topic – R185 Performance and leadership in sports activities TA4: Leading a sports activity session</p> <ul style="list-style-type: none"> <li>Organisation of a sports session</li> <li>Leading a sports session</li> </ul> <p>TA5: Reviewing own performance in planning and leading a sports session</p> <ul style="list-style-type: none"> <li>Review leadership of sports activity session</li> </ul> <p><b>Assessment</b> – Coursework, Practical assessment <b>Literacy focus</b> – Analysing own performance</p>	<p>Coursework Improvements</p> <ul style="list-style-type: none"> <li>R185 Practical Skills</li> <li>R187 Outdoor Activities</li> </ul> <p>Deadline – May 15<sup>th</sup></p>	
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