



PLUME ACADEMY - LEARNING OVERVIEW

Year	10
Course	CNAT SPORTS STUDIES
Specification Number/Exam Board	J829 - OCR
End of course assessment and weightings	3 Units (2 Mandatory /1 Optional) Unit R184: Contemporary issues in Sport. Externally assessed unit (40%). Unit R185: Performance and leadership in sports. Non-examined assessment (40%). Unit 186: Sport and the media. Non-examined assessment (20%).

Prior Learning

The subject builds on your child's key stage 3 experience in Physical Education by developing their skill and performance within team and individual sports. It will develop practical performance and leadership skills. It will also develop knowledge and understanding of contemporary issues in sport and study media in sport.

Curriculum Intent – What are the curriculum aims?

Students will:

- develop knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and wellbeing.
- develop theoretical knowledge and understanding of the contemporary issues within sport.
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas.
- develop their ability to analyse and evaluate to improve performance in physical activity and sport.
- develop their leadership skills through analysis of different leaders and leadership styles and through planning and delivering their own bespoke training session.
- develop an understanding of the relationship between media and sport and understand the impact they have on one another, both positive and negative.



Curriculum Implementation – What will my child will be learning?

Term 1	Half Term 1	<p>Unit R186: Teaching Area 1 & 2. <i>First submission entry – Jan Year 10.</i></p> <p>Unit R185: Teaching Area 1 – Developing Individual and Team sport skills.</p>
	Half Term 2	<p>Unit R186: Teaching Area 2 & 3. <i>First submission entry – Jan Year 10.</i></p> <p>Unit R185: Teaching Area 1 – Developing Individual and Team sport skills.</p>
Term 2	Half Term 3	<p>Unit R186: Submission of assignment. <i>Improvements for second submission – May Year 10.</i></p> <p>Unit R185: Teaching Area 1 – Developing Individual and Team sport skills.</p>
	Half Term 4	<p>Unit R186: Submission of assignment. <i>May Year 10.</i></p> <p>Unit R185: Teaching Area 1 – Developing Individual and Team sport skills.</p>
Term 3	Half Term 5	<p>Unit R185: Teaching Area 2 – Applying practice methods to support improvement in a sporting activity. <i>Written piece of work.</i></p> <p>Teaching Area 3 / 4 – Organising and planning a sports activity session. <i>Written and practical piece of work.</i></p>
	Half Term 6	<p>Unit R185: Teaching Area 2 – Applying practice methods to support improvement in a sporting activity. <i>Written piece of work.</i></p> <p>Teaching Area 3 / 4 – Organising and planning a sports activity session. <i>Written and practical piece of work.</i></p>

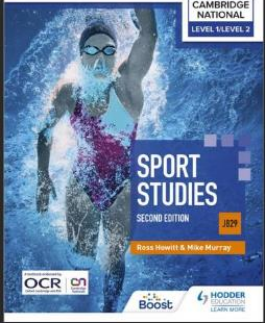
Curriculum Impact – How will progress be assessed as I learn?

Unit R185 – Performance and Leadership in Sports – Teacher assessed and exam board moderated throughout the course.

Unit R186 – Sport & The Media. Teacher assessed unit, moderated throughout the course.



Super-Curricular Opportunities – Support and Extending Learning

Useful study resources	If a student is really passionate about this subject...	As a parent/carer, I can assist my child in this subject by:
<p>Sports Studies Cambridge National Level 1/2 Text book Author Mike Murray Ross Howitt</p>  <p>EverLearner- online resource</p>	<p>Further reading/research material links via:</p> <p>Olympic themed films: ‘Eddie the Eagle’ – Olympic Values ‘One Day in September’ – documentary- Drawbacks of hosting a major sporting event.</p> <p>https://www.youtube.com/watch?v=VBNoEC0&list=PLcRGBKDz2OxuFdB7hKVJonlpFCZ9jiwSJ</p>	<p>OCR Cambridge National Level 1/2 Sports Studies Specification: OCR Level 1/Level 2 Cambridge National in Sport Studies specification (tw-cms-prd.s3.eu-west-2.amazonaws.com)</p> <p>Encourage your son or daughter to join at least one outside of school club, in order to regularly practice their sports outside of school and increase the opportunity of accessing higher practical grades</p> <p>EverLearner- online resource</p> <p>National Governing Body Websites:</p>