

Year 10 Cambridge National Scheme of WorkR185 Performance and leadership in sports activities

Term	Key knowledge- what will students know by the end of this topic?	Key skills- what skills will students have developed by the end of this topic?	Assessment opportunities- how is progress measure?
September- October half-term Leadership unit	How to complete a risk assessment, how to complete a session plan, what needs to be included in a successful session so students can progress	TA3: organising and planning a sports activity session	Students will be assessed on how well they plan a suitable session, with progression to a target group of their choice. They must create a risk assessment, and a session plan Assignment assessed against the marking band criteria
November- December Leadership unit	How to lead a session of their choice to a group of KS3 students How to critically analyse their own performance based on feedback from member of staff who observed them	TA4: Leading a sports activity session TA5: Reviewing own performance in planning and leading a sports activity session	Students will be assessed on how well their session goes. Do they stick to their session plan, do they show adaptability if needed. What went well, what could be improved. Assignment assessed against the marking band criteria
January-February half-term Performance unit	How to keep an ongoing logbook of performance, planning a 6-week programme to improve weaknesses	TA2: Applying practice methods to support improvement in a sporting activity	Students to develop their own 6-week training programme to develop weaknesses in their chosen sport Assignment assessed against the marking band criteria
February half-term- Easter Performance unit	Write up assignment including logbook from sessions carried out	TA2: Applying practice methods to support improvement in a sporting activity	Assignment assessed against the marking band criteria
Easter- May half-term	Final amendments to R185 and R186 before submission of coursework on May 15 th 2024		

September 2023 onwards

May half-term-July Contemporary issues in sport unit	R184: Contemporary issues in sport. Knowledge and understanding of user groups and barriers	TA1: Issues which affect participation in sport	End of topic tests
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