

OVERVIEW

The Sport Studies course provides an engaging and relevant introduction to the world of sport. It incorporates important aspects of the sporting world such as contemporary issues in sport, practical sports performance, sports leadership, and participation in outdoor and adventurous activities. It enables you to develop and apply your knowledge, while also developing a range of relevant practical, communication and technical skills.

Autumn

R185 – Performance and leadership in sports activities
Students will develop skills, techniques and use of tactics and strategies in two activities as a performer. They will develop an appropriate use of tactics, strategies, compositional ideas and creativity in their own performances. The students will also develop and improve their decision making and awareness of their role within a team (team sport) and their ability to maintain performance in an individual setting.

Assessment:

TA1: Centre assessed in two activities showing their knowledge of skills, techniques and use of tactics and strategies.
OCR moderated

Personal development:

concepts explored:

- Skill requisition
- Technique development
- Communication
- Tactics
- Knowledge of rules
- Determination
- Role within team

Spring

R185 – Performance and leadership in sports activities
Students will consider the use of different practice methods to support improvement in a sporting activity. They will demonstrate their understanding of these practice methods and how to measure performance in a practical setting.
Students will gain an understanding of how to plan a sports activity session and will consider level of participants, health and safety aspects, risk assessment and emergency procedures. They will deliver their session demonstrating their leadership and organisational skills with participants, equipment and facilities. Finally, students will evaluate their performance to better understand how to improve.

Assessment:

TA2: Centre assessed
OCR moderated
TA3 Centre assessed
OCR moderated.
TA4 Centre assessed
OCR moderated.
TA5 Centre assessed
OCR moderated.

Personal development:

concepts explored:

- Sports Leadership
- Lesson Planning
- Skill development
- Self analysis
- Determination
- Communication

Summer

R187 : Increasing awareness of Outdoor and Adventurous Activities
Students will gain an understanding of how to plan for and be able to participate in an outdoor and adventurous activity. They will consider a number of factors including health and safety, licensing, contingency plan, risk assessment and emergency procedures. Students will demonstrate their ability to take part in an outdoor and adventurous activity and will evaluate their performance in terms of the aspects that went well and the aspects that could be improved.

Assessment:

TA3 Centre assessed
OCR moderated.
TA4 Centre assessed.
OCR moderated.
TA5 Centre assessed
OCR moderated.

Personal development:

- Lesson Planning
- Assessing risk
- Outdoor education
- Bespoke skills
- Enthusiasm
- Determination
- Self reflection

Useful resources for supporting your child at home:

theeverlearner.com
TEAMS

Homework:

Students will be set homework in line with the whole school policy.