

## Key Stage 4 Long Term Planning

Year 10 2021-2022 (Y11 2023 leavers)

**SYLLABUS: Level 1/2 OCR Cambridge National in Sports Studies**

Curriculum Area: Sports Studies

Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Syllabus</b>	R052: Developing sports skills (in Table Tennis, Badminton, Football, Netball, Basketball)	R052: Developing sports skills (in Table Tennis, Badminton, Football, Netball, Basketball)	R051: Contemporary issues in sport.	R051: Contemporary issues in sport.	R051: Contemporary issues in sport.	R052: Developing sports skills
<b>Knowledge</b>	LO1: Be able to use skills, techniques and tactics/strategies/compositional ideas as an individual performer in an activity.  LO2: Be able to use skills, techniques and tactics/strategies/compositional ideas as a team performer in an activity.	LO3: Be able to officiate in a sporting activity.  LO4: Be able to apply practice methods to support improvement in sporting activity.	LO1: Understand the issues which affect participation in sport.  LO2: Know the role of sport in promoting values	LO3: Understand the importance of hosting major sporting events  LO4: Know about the roles of national governing bodies in sport.	How to revise effectively  Revision of PLC 'Red' areas	LO4: Be able to apply practice methods to support improvement in sporting activity.
<b>Skills</b>	LO1: Individual sport skills in isolation and competition.  LO2: Team sport skills in isolation and competition.	LO3: communication, confidence, application of rules and regulations, how to carry out a risk assessment, implementation of safety procedures.  LO4: Analysing own performance. Planning practice sessions to improve performance. Reflection and critical evaluation.	Exam technique How to structure 8-mark answers	Exam technique How to structure 8-mark answers Effective revision	Effective revision Exam technique	Critical evaluation Video analysis Peer assessment & feedback Designing practice sessions Measuring improvement

# MOOR PARK HIGH SCHOOL: CURRICULUM

<b>Connections to previous learning</b>	KS3 & KS4 team and individual sports: Table tennis, Badminton, Football, Netball & Basketball.	KS3 & KS4 Officiating, rules and regulations, social skills e.g communication, leadership.	KS3 Social, Personal and Healthy values.  British values/PDWB.	Spring 1: Exam technique, time management, answer structure.	Spring 1 & 2: Exam technique, time management, answer structure.	Autumn 2: Be able to apply practice methods to support improvement in sporting activity.
<b>Assessment</b>	LO1: Practical assessment in an individual sport. Skills are assessed in isolation and competition.  LO2: Practical assessment in a team sport. Skills are assessed in isolation and competition.	LO3: Practical assessment of officiating within a sport.	60 minute written mock exam paper	60 minute written mock exam paper  60 minute written mock exam paper	<b>External examination – 60 minute written paper May 2020</b>	LO4: Written assignment
<b>Homework</b>	Practice individual sports skills – externally or within extracurricular sports clubs.  Practice team sports skills – externally or within extracurricular sports clubs.	Three homework pieces set including: 1. Keyword and definitions task. 2. Rules and regulations task. 3. Practice officiating at clubs.	Three pieces of homework: Exam questions	Three pieces of homework: Exam questions Past papers	Three pieces of homework: Exam questions Past papers	Three pieces of homework: Research tasks – i.e. practice drills, warmup ideas etc.
<b>Cultural enrichment including Trips, Visits, Experiences, Extra-curricular</b>	Weekly extra-curricular opportunity to practice sports skills at sports clubs at lunch time and after school (e.g Netball, Basketball, Football, Badminton, Table Tennis).	Weekly extra-curricular opportunity to practice officiating at sports clubs at lunch time and after school (e.g Netball, Basketball, Football, Badminton, Table Tennis).  Opportunity to officiate within interform competitions.  Weekly extra-curricular opportunity after school to access support in completing assignments.	Weekly extra-curricular opportunity to practice sports skills at sports clubs at lunch time and after school to aid LO4.	Weekly extra-curricular opportunity for exam practice/revision after school.  Extra-curricular revision school within the Easter holidays.	Weekly extra-curricular opportunity for exam practice/revision after school.	Weekly extra-curricular opportunity after school to access support in completing assignments.
<b>Literacy</b>	Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, assessment criteria and feedback.	Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, assessment	Sport/exam specific vocabulary, reading of learning objectives and outcomes, reading of exam questions, assessment criteria and feedback.	Sport/exam specific vocabulary, reading of learning objectives and outcomes, reading of exam questions, assessment criteria and feedback. Verbal & written feedback	Sport/exam specific vocabulary, reading of learning objectives and outcomes, reading of exam questions, assessment criteria and feedback. Verbal & written feedback	Sport/assignment specific vocabulary, reading of learning objectives and outcomes, reading of assessment criteria and feedback. Verbal & written feedback given.

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	Verbal & written feedback given. Working in teams/groups/pairs developing communication skills, leadership and peer coaching/assessment.	criteria and feedback. Verbal & written feedback given. Evaluative writing within LO4 assessment.	Verbal & written feedback given. Written 1-8 mark exam questions including extended writing. Verbal peer revision within Kagan techniques and peer coaching.	given. Written 1-8 mark exam questions including extended writing. Verbal peer revision within Kagan techniques and peer coaching.	given. Written 1-8 mark exam questions including extended writing. Verbal peer revision within Kagan techniques and peer coaching.	Evaluative and analytical writing within LO4 assessment.
<b>Numeracy</b>	Key numeric skills practiced and utilized within scoring systems when umpiring; constructing league tables and fixtures.	Key numeric skills practiced and utilized within scoring systems when umpiring; constructing league tables and fixtures.  Shot percentages, success rate, and accuracy rates used during performance analysis of their own performance.	Calculating score percentages, grade boundaries and exam time management.	Calculating score percentages, grade boundaries and exam time management.	Calculating score percentages, grade boundaries and exam time management.	Shot percentages, success rate, and accuracy rates used during performance analysis of their own performance.
<b>CIAG</b>					A lesson linked to R055 unit (working in the sports industry)	

## Key Stage 4 Long Term Planning

### Year 11 2022-2023 SYLLABUS: Level 1/2 OCR Cambridge National in Sports Studies

#### Curriculum Area: Sports Studies

Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
<b>Syllabus</b>	R053: Sports Leadership (in basketball, netball & football)	R053: Sports Leadership (in basketball, netball & football)	R056: Developing knowledge and skills in outdoor activities (in climbing & orienteering)	R056: Developing knowledge and skills in outdoor activities (in climbing & orienteering)	R056: Developing knowledge and skills in outdoor activities (in climbing & orienteering)
<b>Knowledge</b>	LO1: Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership.  LO2: Be able to plan a sports activity session.	LO3: Be able to deliver a sports activity session.  LO4: Be able to evaluate performance in delivering sports activity session.	LO1: Know about different types of outdoor activities and their provision.	LO2: Understand the value of participating in outdoor activities.  LO3: Be able to plan an outdoor activity.	LO4: Be able to demonstrate knowledge and skills during outdoor activities.
<b>Skills</b>	LO1: Researching, observing, working independently, meeting a deadline.  LO2: Researching, observing, planning, preparation and analysis of risk, working independently, meeting a deadline.	LO3: Leadership, communication, delivery, adaptability, problem solving.  LO4: reflection, evaluation, analysis, working independently, meeting a deadline.	LO1: Researching, recording, reviewing, working independently, meeting a deadline.	LO2: observing, participating/experiencing, reflection, analyzing, working independently, meeting a deadline.  LO3: Researching, observing, planning, preparation and analysis of risk, working independently, meeting a deadline.	LO4: Outdoor activity skills dependent on the activity selected i.e. map reading, belaying.
<b>Connections to previous learning</b>	KS4 leaderships skills – Social ME.  Autumn 1 knowledge of how to complete assignments, working to deadlines etc.	Autumn 1 – Leadership, communication and delivery skills.  KS4 evaluative skills, peer and self-assessment, performance analysis – Thinking ME.	KS3 & KS4 Orienteering skills.  Autumn 1&2 Sports Leadership: Planning, preparation, risk assessments.  Duke of Edinburgh/Super Learning week.	KS3 & KS4 Orienteering skills.  Autumn 1&2 Sports Leadership: Planning, preparation, risk assessments.  Duke of Edinburgh/Super Learning week.	KS3 & KS4 Orienteering skills.  Autumn 1&2 Sports Leadership: Planning, preparation, risk assessments.  Duke of Edinburgh/Super Learning week.
<b>Assessment</b>	LO1: Written assignment  LO2: Written session plan assignment	LO3: Practical session delivery assessment.  LO4: Written assignment	LO1: Written assignment	LO2: Written assignment  LO3: Session plan assignment	LO4: Practical outdoor activity assessment

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<b>Homework</b>	Four homework pieces set including: 4. Keyword and definitions task. 5. Research task x2 6. Consolidation of knowledge task.	LO3: Homework throughout this unit will consist of continually practicing and rehearsing their sports session ready for assessment.  LO4: 2 x reflective tasks will be set in preparation for assignment completion.	Four homework pieces set including: 1. Keyword and definitions task. 2. Research task x2 3. Consolidation of knowledge task.	Three homework pieces set including: 1. Keyword and definitions task. 2. Research task x2	Two research tasks.
<b>Cultural enrichment including Trips, Visits, Experiences, Extra-curricular</b>	Weekly extra-curricular opportunity to practice leadership skills at lunch time and after school in basketball or football.  Weekly extra-curricular opportunity after school to access support in completing assignments.	Weekly extra-curricular opportunity to practice leadership skills at lunch time and after school in basketball or football.  Weekly extra-curricular opportunity after school to access support in completing assignments.	Weekly extra-curricular opportunity to practice orienteering skills at lunch time and after school.  Weekly extra-curricular opportunity after school to access support in completing assignments.	Weekly extra-curricular opportunity to practice orienteering skills at lunch time and after school.  Opportunity to compete at a pupil open orienteering event.  Weekly extra-curricular opportunity after school to access support in completing assignments.	
<b>Literacy</b>	Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, assessment criteria and feedback. Verbal & written feedback given. Written work within assignments. Communication skills developed within coaching and leadership roles.	Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, assessment criteria and feedback. Verbal & written feedback given. Written evaluative work within assignments. Communication skills developed within coaching and leadership roles.	Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, safety procedure, assessment criteria and feedback. Verbal & written feedback given. Working in teams/groups/pairs developing communication skills, leadership and peer coaching/assessment. Written work within assignments.	Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, safety procedure, assessment criteria and feedback. Verbal & written feedback given. Working in teams/groups/pairs developing communication skills, leadership and peer coaching/assessment. Written work within assignments.	
<b>Numeracy</b>		Time management and organization of the class into groups when delivering coaching sessions.	Knowledge of degrees when orientating a compass on a map for orienteering.	Time management and organization of the class into groups when planning outdoor adventurous session.  Knowledge of degrees when orientating a compass on a map for orienteering.	
<b>CIAG</b>	The role of a coach/teacher in industry.				Meeting jobs roles in the industry e.g Outdoor adventurous activity centre.