

MOOR PARK HIGH SCHOOL: CURRICULUM

Key Stage 4 Long Term Planning

Year 10 2022-2023 and future years

SYLLABUS: J829 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
Syllabus	R185: Performance and leadership in sports activities.	R185: Performance and leadership in sports activities.	R185: Performance and leadership in sports activities.	R185: Performance and leadership in sports activities.	R187: Increasing awareness of Outdoor and Adventures Activities.	R187: Increasing awareness of Outdoor and Adventures Activities.
Knowledge	<p>Topic Area 1: Key components of performance.</p> <p>Topic Area 2: Applying practice methods to support improvement in a sporting activity</p>	<p>Topic Area 1: Key components of performance.</p> <p>Topic Area 2: Applying practice methods to support improvement in a sporting activity</p>	<p>Topic Area 3: Organising and planning a sports activity session.</p> <p>Topic Area 4: Leading a sports activity session.</p>	<p>Topic Area 4: Leading a sports activity session.</p> <p>Topic Area 5: Reviewing your own performance in planning and leading a sports activity session.</p>	<p>Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK</p> <p>1.1 The provision available for outdoor and adventurous activities both locally and nationally.</p> <p>Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities</p> <p>2.1 Types of equipment to be used for participation</p> <p>2.2 Types of clothing to be used for participation</p> <p>2.3 Types of technology that can enhance participation or safety</p> <p>2.4 Types of terrain and environment</p>	<p>Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity</p> <p>3.1 Key considerations when planning an outdoor activity in a specified location</p> <p>3.2 Outdoor activity risk assessment</p> <p>3.3 Emergency procedures plan</p> <p>3.4 Demonstrate appropriate skills in outdoor activities</p>

MOOR PARK HIGH SCHOOL: CURRICULUM

Skills	<p>PO1: Individual and team sport skills in isolation and competition.</p> <p>PO2: Analysing own performance. Planning practice sessions to improve performance. Reflection and critical evaluation.</p>	<p>PO1: Individual and team sport skills in isolation and competition.</p> <p>PO2: Analysing own performance. Planning practice sessions to improve performance. Reflection and critical evaluation.</p>	<p>PO3: Researching, observing, planning, preparation and analysis of risk, working independently, meeting a deadline.</p> <p>PO4: Leadership, communication, delivery, adaptability, problem solving.</p>	<p>PO5: reflection, evaluation, analysis, working independently, meeting a deadline.</p>	<p>PO1 & PO2: Researching, recording, reviewing, working independently, meeting a deadline.</p>	<p>PO3: Researching, observing, planning, preparation and analysis of risk, working independently, meeting a deadline.</p>
Connections to previous learning	<p>KS3 & KS4 team and individual sports: Table tennis, Badminton, Football, Netball & Basketball.</p> <p>KS3 & KS4 Officiating, rules and regulations, social skills e.g communication, leadership.</p>	<p>KS3 & KS4 team and individual sports: Table tennis, Badminton, Football, Netball & Basketball.</p> <p>KS3 & KS4 Officiating, rules and regulations, social skills e.g communication, leadership.</p>	<p>KS4 leaderships skills – Social ME.</p> <p>Autumn 1 knowledge of how to complete assignments, working to deadlines etc.</p> <p>Autumn 1 – Leadership, communication and delivery skills.</p>	<p>KS4 evaluative skills, peer and self-assessment, performance analysis –Thinking ME.</p>	<p>KS3 & KS4 Orienteering skills.</p> <p>Duke of Edinburgh/Super Learning week.</p>	<p>KS3 & KS4 Orienteering skills.</p> <p>Autumn 1&2 Sports Leadership: Planning, preparation, risk assessments.</p> <p>Duke of Edinburgh/Super Learning week.</p>
Assessment	<p>PO1: Practical assessment in two sports.</p> <p>PO2: Written assignment</p>	<p>PO1: Practical assessment in two sports.</p> <p>PO2: Written assignment</p>	<p>PO3: Written assignment plan.</p> <p>PO4: Practical session delivery.</p>	<p>PO5: Written assignment reflection.</p>	<p>PO1: Written assignment.</p> <p>PO2: Written assignment.</p>	<p>PO3: Written assignment.</p>
Homework	<p>PO1: Attendance at extracurricular sports clubs within school or at club level. Competition log.</p> <p>PO2: Three pieces of homework: Research tasks – i.e. practice drills, warmup ideas etc.</p>	<p>PO1: Attendance at extracurricular sports clubs within school or at club level. Competition log.</p> <p>PO2: Three pieces of homework: Research tasks – i.e. practice drills, warmup ideas etc.</p>	<p>Four homework pieces set including:</p> <ol style="list-style-type: none"> 1. Keyword and definitions task. 2. Research task x2 3. Practice of session delivery. 	<p>PO5: 2 x reflective tasks will be set in preparation for assignment completion.</p>	<p>Four homework pieces set including:</p> <ol style="list-style-type: none"> 1.Keyword and definitions task. 2.Research task x2 3.Consolidation of knowledge task. 	<p>Two research tasks.</p>

MOOR PARK HIGH SCHOOL: CURRICULUM

<p>Cultural enrichment including Trips, Visits, Experiences, Extra-curricular</p>	<p>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).</p>	<p>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).</p>	<p>Weekly extra-curricular opportunity to practice leadership skills at lunch time and after school in basketball or football.</p> <p>Weekly extra-curricular opportunity after school to access support in completing assignments.</p>	<p>Weekly extra-curricular opportunity to practice leadership skills at lunch time and after school in basketball or football.</p> <p>Weekly extra-curricular opportunity after school to access support in completing assignments.</p>	<p>Weekly extra-curricular opportunity to practice orienteering skills at lunch time and after school.</p> <p>Weekly extra-curricular opportunity after school to access support in completing assignments.</p>	<p>Weekly extra-curricular opportunity to practice orienteering skills at lunch time and after school.</p> <p>Weekly extra-curricular opportunity after school to access support in completing assignments.</p>
<p>Literacy</p>	<p>Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, assessment criteria and feedback.</p> <p>Verbal & written feedback given.</p> <p>Working in teams/groups/pairs developing communication skills, leadership and peer coaching/assessment.</p>	<p>Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, assessment criteria and feedback.</p> <p>Verbal & written feedback given.</p> <p>Working in teams/groups/pairs developing communication skills, leadership and peer coaching/assessment.</p>	<p>Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, assessment criteria and feedback.</p> <p>Verbal & written feedback given.</p> <p>Written work within assignments.</p> <p>Communication skills developed within coaching and leadership roles.</p>	<p>Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, assessment criteria and feedback.</p> <p>Verbal & written feedback given.</p> <p>Written evaluative work within assignments.</p> <p>Communication skills developed within coaching and leadership roles.</p>	<p>Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, safety procedure, assessment criteria and feedback.</p> <p>Verbal & written feedback given.</p> <p>Working in teams/groups/pairs developing communication skills, leadership and peer coaching/assessment.</p> <p>Written work within assignments.</p>	<p>Sport specific vocabulary, reading of learning objectives and outcomes, reading of skill progressions, technique cards, rules and regulations, safety procedure, assessment criteria and feedback.</p> <p>Verbal & written feedback given.</p> <p>Working in teams/groups/pairs developing communication skills, leadership and peer coaching/assessment.</p> <p>Written work within assignments.</p>
<p>Numeracy</p>	<p>Key numeric skills practiced and utilized within scoring systems when umpiring; constructing league tables and fixtures.</p>	<p>Key numeric skills practiced and utilized within scoring systems when umpiring; constructing league tables and fixtures.</p>	<p>Time management & distribution.</p> <p>Organization of the class into groups when delivering coaching sessions.</p> <p>Segmenting and planning.</p>	<p>Time management and organization of the class into groups when delivering coaching sessions.</p>	<p>Knowledge of degrees when orientating a compass on a map for orienteering.</p> <p>Angles in climbing. Weight, force and gravity etc.</p>	<p>Time management & distribution.</p> <p>Organization of the class into groups when delivering coaching sessions.</p> <p>Segmenting and planning.</p>
<p>CIAG</p>			<p>The role of a coach/teacher in industry.</p>		<p>Jobs roles in the industry.</p>	

Key Stage 4 Long Term Planning

Year 11 2023-2024 and future years

SYLLABUS: J829 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
Syllabus	R187: Increasing awareness of Outdoor and Adventures Activities.	R184: Contemporary issues in sport.	R184: Contemporary issues in sport.	R184: Contemporary issues in sport.	R184: Contemporary issues in sport.
Knowledge	<p>Topic Area 4: Evaluate participation in an outdoor and adventurous activity</p> <p>4.1 Evaluate participation of outdoor activity</p> <p>4.2 Evaluate the value of participating in outdoor activities</p>	<p>Topic Area 1: Issues which affect participation in sport.</p> <p>1.1 User groups</p> <p>1.2 Possible barriers</p> <p>1.3 Solutions</p> <p>1.4 Factors which can positively and negatively impact upon the popularity of sport in the UK.</p> <p>1.5 Emerging/new sports in the UK</p>	<p>Topic Area 2: The role of sport in promoting values.</p> <p>2.1 Sport values</p> <p>2.2 The Olympic and Paralympic movement.</p> <p>2.3 Sporting values initiative and campaigns.</p> <p>2.4 The importance of etiquette AND sporting behaviour.</p> <p>2.5 The use of Performance Enhancing Drugs (PEDs) in sport.</p>	<p>Topic Area 3: The implications of hosting a major sporting event for a city or country.</p> <p>3.1 The features of a major sporting event.</p> <p>3.2 Positive and negative pre-event aspects of hosting a major sporting event.</p> <p>3.3 Potential positive and negative aspects of hosting a major sporting event.</p> <p>Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport.</p> <p>4.1 National Governing Bodies (NGBs).</p> <p>Topic Area 5: The use of technology in sport.</p> <p>5.1 The role of technology in sport.</p> <p>5.2 Positive and negative effects of the use of technology in sport.</p>	Revision

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Skills	PO4: Outdoor activity skills dependent on the activity selected i.e. map reading, belaying. Evaluation/reflection. Explaining and justifying.	Exam technique How to structure 8-mark answers	Exam technique How to structure 8-mark answers		
Connections to previous learning	Spring 1: evaluation, reflection and explorative skills.	KS3 Social, Personal and Healthy values. British values/PDWB.	Autumn 2: Exam technique, time management, answer structure.	Exam technique, time management, answer structure.	Exam technique, time management, answer structure.
Assessment	LO4: Written assignment.	20 minute written mock exam paper	30 minute written mock exam paper	2 x 60 minute written mock exam paper	External examination – 60 minute written paper May 2024
Homework	PO4: 2 x reflective tasks will be set in preparation for assignment completion.	Three pieces of homework: Exam questions	Three pieces of homework: Exam questions	Three pieces of homework: Exam questions	2 x Past Papers
Cultural enrichment including Trips, Visits, Experiences, Extra-curricular	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 sports skills at sports clubs at lunch time and after school to aid LO4.	Weekly extra-curricular opportunity to practice sports skills at sports clubs at lunch time and after school to aid LO4.	Weekly extra-curricular opportunity to practice sports skills at sports clubs at lunch time and after school to aid LO4.	Weekly extra-curricular opportunity to practice sports skills at sports clubs at lunch time and after school to aid LO4.
Literacy	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/exam specific vocabulary, reading of learning objectives and outcomes, reading of exam questions, assessment criteria and feedback. Verbal & written feedback given. Written 1-8 mark exam questions including extended writing. Verbal peer revision within Kagan techniques and peer coaching.	Sport/exam specific vocabulary, reading of learning objectives and outcomes, reading of exam questions, assessment criteria and feedback. Verbal & written feedback given. Written 1-8 mark exam questions including extended writing. Verbal peer revision within Kagan techniques and peer coaching.	Sport/exam specific vocabulary, reading of learning objectives and outcomes, reading of exam questions, assessment criteria and feedback. Verbal & written feedback given. Written 1-8 mark exam questions including extended writing. Verbal peer revision within Kagan techniques and peer coaching.	Sport/exam specific vocabulary, reading of learning objectives and outcomes, reading of exam questions, assessment criteria and feedback. Verbal & written feedback given. Written 1-8 mark exam questions including extended writing. Verbal peer revision within Kagan techniques and peer coaching.
Numeracy		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.	Calculating score percentages, grade boundaries and exam time management.
CIAG	The role of a coach/teacher in industry.				