

AUTUMN 1

Unit 2: Practical Sport

Learning aim A: understand the rules, regulations and scoring systems for selected sports (Assignment 1).

Prior Learning
Students will have previously completed power points. Students will have prior knowledge of the two activities chosen to complete the assignment.

AUTUMN 2

Unit 2: Practical Sport

Learning aim B: practically demonstrate skills, techniques and tactics in selected sports (Assignment 2).

Prior Learning
Students will have previously completed power points. Students will have prior knowledge of the two activities chosen to complete the assignment.

SPRING 1

Unit 2: Practical Sport

Continuing Learning Aim B: technical and tactical requirements (Assignment 2).

Prior Learning
Students will have previously completed power points. Students will have prior knowledge of the two activities chosen to complete the assignment.

SPRING 2

Unit 2: Practical Sport

Learning aim C: be able to review sports performance (Assignment 3).

Prior Learning
Students will have previously completed power points. Students will have prior knowledge of the two activities chosen to complete the assignment.

SUMMER 1

Unit 1: Fitness Testing and Training (External Exam)

Learning aim A: know about the components of fitness and the principles of training.

Prior Learning
Fitness unit at KS3 – testing and training zones.

SUMMER 2

Unit 1: Fitness Testing and Training (External Exam)

Learning aim B: explore different fitness training methods.

Unit 1: Fitness Testing and Training (External Exam)

Learning aim C: investigate fitness testing to determine fitness levels.

Prior Learning
Fitness unit at KS3 – testing and training zones and training programmes.

CAREERS LINKS

These units are particularly relevant if you would like to progress into qualifications in sports coaching, sports psychology, elite sport, or personal training.

CHARACTER LINKS

Intellectual virtues through reflection, judgement, and reasoning when evaluating performances and skills. Performance virtues through confidence, determination, motivation, resilience, and teamwork during practical activities. Moral Virtues through respecting teammates and opponents.

KEY ASSESSMENT DATES

Assignments are completed in each unit. Units covered in Year 10 - Unit 1 - External exam in January. Unit 2 Practical sport and 3 internal coursework/ assignments.