

OCR Sport Studies Long Term Plan Year 10

Temperance Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM
Topic	Performance and leadership in sports activities							
Core	Introduction to course, assessment, familiarisation. Key components of performance	Introduction to practical sports delivered as CFS Individual vs team sports	Analysis of performance in sporting activities.	Practical understanding of the different practice methods.	Measuring improvement in performance	Introduction to set assignment and tasks for unit	Individual time to complete coursework assessment for Task 2	
Challenge	Analysing performance compared to a technical model.	Compare different components of performance in individual and team sports.	Individualised rationale of how they impact performance of their team.	Evaluate the different type of practice methods	Justify the role of measurement in improving performance	How to use the mark scheme to achieve top band answers	Select and incorporate top band command words into coursework.	
Assessment	Practical assessment	Practical assessment	Formative assessment on their analysis of performance.	Formative assessment on application of practice methods	Summative assessment on completion of task 2, part 1			

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Topic	Performance and leadership in sports activities						
Core	Individual time to complete coursework assessment for Task 2 Practical assessment in Basketball and netball (Task 1 individual sport)						
Challenge	Review of performance involves great detail and understanding of position, tactics and high-level components of performance. In-depth analysis and justification on strengths and weaknesses.						
Assessment	Summative assessment on completion of task 2, part 1						

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Justice Term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	Performance and leadership in sports activities						
Core	Task 2 application of practice methods – what is an improvement plan?	Independent creation and whole group practical application of improvement plan for selected sport.					
Challenge	Justify the importance of measuring performance improvement?	Practice methods comprehensively address the weaknesses where improvement is needed.					
Assessment	Formative assessment on implementation of practice methods	Summative assessment on completion of task 2, part 2					

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	Performance and leadership in sports activities						
Core	Organising and planning a sport activity session (task 3). Venue, equipment, timing	Task 3: Supervision, contingency plan. Risk assessment and corrective plans	Objectives to meet the need of the group	Independent time to create plan of session	Independent time to create Risk assessment	Pupil assessment of delivery of sport session (including risk assessment) Task 4.	
Challenge	Justify the impact of timing on improving performance	Justify the importance of risk assessments	Categorise a range of alterations to a set plan for different groups.	Plan and risk assessment is fully appropriate and comprehensive for a safe sports activity session.			
Assessment	Practical assessment	Practical ability to complete risk assessment.	Formative assessment on ability to adapt session to different group	Summative assessment of Task 3			

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Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Topic	Performance and leadership in sports activities						
Core	Pupil assessment of delivery of sport session (including risk assessment) Task 4.		Importance of reviewing own performance in planning and leading sport activity session		Independent time to complete review (task 5)		
Challenge	Plan and risk assessment is fully appropriate and comprehensive for a safe sports activity session.		Justify the importance of reflecting on altered plans when delivered.		Comprehensively describe areas that went well and that did not go well. Comprehensively describe all areas that needed to be adapted, with detailed analysis and justified suggestions.		
Assessment	Summative assessment of Task 4						

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Topic	Increasing awareness of Outdoor and Adventurous Activities						
Core	Independent time to complete review (task 5)	Provision of OAA Equipment used for OAA	Clothing used for OAA Types of technology used in OAA	Terrain and environment for different OAA.	Independent time to evaluate of participation in OAA (from residential or delivered in lesson time). (task 4, part 1)		
Challenge	Comprehensively describe areas that went well and that did not go well. Comprehensively describe all areas that needed to be adapted, with detailed analysis and justified suggestions.	Analyse the link between provision and popularity of different OAA	Justify the importance of specialist clothing in OAA	Evaluate natural vs manmade environments for different OAA.	Comprehensively discuss areas that went well and not so well in the OAA selected.		
Assessment	Formative assessment on knowledge of different OAA				Summative assessment of task 4 part 1		