

Year 10 GCSE  
Sport

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Autumn	R185: Performance and Leadership in Sports Activities											
	Topic Area 1 - Key components of performance											
	R184: Contemporary Issues in Sport											
	Topic Area 1 - Issues which affect participation in sport											
Spring	R185: Performance and Leadership in Sports Activities											
	Topic Area 2 - Applying practice methods to support improvement in a sporting activity								Topic Area 3 - Organising and planning a sports activity session			
	R184: Contemporary Issues in Sport											
	Topic Area 2 - The role of sport in promoting values											
Summer	R185: Performance and Leadership in Sports Activities											
	Topic Area 3 - Organising and planning a sports activity session			Topic Area 4 - Leading a sports activity session				Topic Area 5 - Reviewing your own performance in planning and leading a sports activity session				
	R184: Contemporary Issues in Sport											
	Topic Area 3- The features of a major sporting event											

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Autumn	R185: Performance and Leadership in Sports Activities – Topic Area 1 (Key components of performance)												
	Performance of skills and techniques			Participating in your activities <ul style="list-style-type: none"> <li>• <i>Tactics</i></li> <li>• <i>Strategies</i></li> <li>• <i>Use of creativity in performance</i></li> </ul>			Decision-making during performance		Managing and maintaining performance in individual activities		Your role and contribution to team activities		
	R184: Contemporary Issues in Sport – Topic Area 1 (Issues which affect participation in sport)												
	Different user groups who participate in sport		Possible barriers which affect participation in sport			Possible solutions to the barriers which affect participation in sport		Positive and negative impacts on the popularity of sport in the UK			The growth of emerging/new sports in the UK		
Spring	R185: Topic Area 2 (Applying practice methods to support improvement in a sporting activity)								R185: Topic Area 3 (Organising and planning a sports activity session)				
	Strengths and weaknesses of sports performance			Methods to improve performance		Measuring improvement in performance		Organisation of a sports activity session		Safety considerations when planning a sports activity session			
	R184: Contemporary Issues in Sport – Topic Area 2 (The role of sport in promoting values)												
	Values which can be promoted through sport			The Olympic and Paralympic movement		Sporting values initiative and campaigns		The importance of etiquette AND sporting behaviour		The use of Performance Enhancing Drugs (PEDs) in sport			
Summer	R185: Topic Area 3 - continuation			R185: Topic Area 4 (Leading a sports activity session)				R185: Topic Area 5 (: Reviewing your own performance in planning and leading a sports activity session)					
	Objectives to meet the needs of the group			Organisation of a sports activity session		Leading a sports activity session		Review your leadership of a sports activity session					
	R184: Contemporary Issues in Sport – Topic Area 3 (The features of a major sporting event)												
	The features of a major sporting event			Positive and negative pre-event aspects of hosting a major sporting event			Potential positive and negative aspects of hosting a major sporting event						

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Autumn	R187: Increasing awareness of Outdoor and Adventurous Activities											
	Topic Area 1 - Provision for different types of outdoor and adventurous activities in the UK				Topic Area 2 - Equipment, clothing and safety aspects of participating in outdoor and adventurous activities							
	R184: Contemporary Issues in Sport											
	Topic Area 4 - The role National Governing Bodies (NGBs) play in the development of their sport						Topic Area 5 - The use of technology in sport					
Spring	R187: Increasing awareness of Outdoor and Adventurous Activities											
	Topic Area 3 - Plan for and be able to participate in an outdoor and adventurous activity								Topic Area 4 - Evaluate participation in an outdoor and adventurous activity			
	R184: Contemporary Issues in Sport - Examination Preparation											
	Topic Area 1 - Issues which affect participation in sport Topic Area 2 - The role of sport in promoting values Topic Area 3 – The features of a major sporting event Topic Area 4 – The role National Governing Bodies (NGBs) play in the development of their sport Topic Area 5 – The use of technology in sport											
Summer	R184: Contemporary Issues in Sport - Examination Preparation											
	Topic Area 1 - Issues which affect participation in sport Topic Area 2 - The role of sport in promoting values Topic Area 3 – The features of a major sporting event Topic Area 4 – The role National Governing Bodies (NGBs) play in the development of their sport Topic Area 5 – The use of technology in sport											

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Autumn	R187: Increasing awareness of Outdoor and Adventurous Activities - Topic area 1 (Provision for different types of outdoor and adventurous activities in the UK)				R187: Increasing awareness of Outdoor and Adventurous Activities - Topic area 2 (Equipment, clothing and safety aspects of participating in outdoor and adventurous activities)								
	Referencing the National Governing Body (NGB) for additional information on the approved activity areas		Outdoor activity organisations (including NGBs)		Types of equipment to be used for participation <ul style="list-style-type: none"> <li>• <i>Safety equipment</i></li> <li>• <i>Specialist equipment</i></li> </ul>		Types of clothing to be used for participation <ul style="list-style-type: none"> <li>• <i>Safety clothing</i></li> <li>• <i>General items of clothing</i></li> </ul>		Types of technology that can enhance participation or safety <ul style="list-style-type: none"> <li>• <i>Signalling devices</i></li> <li>• <i>Light weight equipment</i></li> </ul>		Types of terrain and environment <ul style="list-style-type: none"> <li>• <i>Lakes</i></li> <li>• <i>Rivers</i></li> <li>• <i>Sea</i></li> <li>• <i>Canals</i></li> </ul>		
	R184: Contemporary Issues in Sport - Topic Area 4 (The role National Governing Bodies (NGBs) play in the development of their sport)						R184: Contemporary Issues in Sport - Topic Area 5 (The use of technology in sport)						
	National Governing Bodies (NGBs) <ul style="list-style-type: none"> <li>• <i>Promote participation</i></li> <li>• <i>Develop the sport's coaching and officiating infrastructure</i></li> <li>• <i>Organise tournaments and competitions</i></li> </ul>						The role of technology in sport		Positive and negative effects of the use of technology in sport <ul style="list-style-type: none"> <li>• <i>Enhanced performance</i></li> <li>• <i>Lower risk of injury</i></li> </ul>				
Spring	R187: Increasing awareness of Outdoor and Adventurous Activities - Topic area 3 (Plan for and be able to participate in an outdoor and adventurous activity)								R187: Increasing awareness of Outdoor and Adventurous Activities - Topic area 4 – (Evaluate participation in an outdoor and adventurous activity)				
	Key considerations when planning an outdoor activity in a specified location		Outdoor activity risk assessment <ul style="list-style-type: none"> <li>• <i>Unstable terrain</i></li> <li>• <i>Inappropriate equipment</i></li> </ul>		Emergency procedures plan <ul style="list-style-type: none"> <li>• <i>First aid</i></li> <li>• <i>Rescue</i></li> </ul>		Demonstrate appropriate skills in outdoor activities <ul style="list-style-type: none"> <li>• <i>Safe practice</i></li> <li>• <i>Communication skills</i></li> </ul>		Evaluate participation of outdoor activity <ul style="list-style-type: none"> <li>• <i>To enhance performance</i></li> <li>• <i>To increase the safety of participants</i></li> </ul>		Evaluate the value of participating in outdoor activities <ul style="list-style-type: none"> <li>• <i>Mental benefits</i></li> <li>• <i>Physical benefits</i></li> </ul>		

						<ul style="list-style-type: none"> <li>• <i>Social benefits</i></li> </ul>
	R184: Contemporary Issues in Sport					
	<p>Topic Area 1 - Issues which affect participation in sport</p> <p>Topic Area 2 - The role of sport in promoting values</p> <p>Topic Area 3 – The features of a major sporting event</p> <p>Topic Area 4 – The role National Governing Bodies (NGBs) play in the development of their sport</p> <p>Topic Area 5 – The use of technology in sport</p>					