

Year 11

Unit R187 - Increasing Awareness of Outdoor and Adventurous Activities

Setting	Date set	deadline	Unit/task	Work to be complete
Week 1	1 st Sept 26	11 th Sept 26	TA 1 – The provision for different types of Outdoor and Adventurous Activities	The 3 OAA to focus on; • Kayaking • Abseiling • Paragliding 3 examples in the Southwest including equipment, sessions and costs. 3 examples from elsewhere in the UK with appropriate detail. Supporting document link - R187 - Task 1 support document.docx
Week 3	14 th Sept 26	25 th Sept 26		Include the following (Different examples must be used for each activity); • ONE National Sports Centre • ONE Voluntary Organisation • ONE Local Provider for EACH activity.
Week 5	28 th Sept 26	9 th Oct 26		Conclude and complete Task 1 Task 1 – Final deadline – Friday 2nd October 2026
Week 7	12 th Oct 26	6 th Nov 26	Task 4 – Evaluation of participation at Grenville House – Kayaking	Introduction Define participation What are the benefits of participating in OAA • Physical • Psychological

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				• Social • Emotional 2 examples for each – How can participating in OAA benefit your everyday life
Week 9	9 th Nov 26	20 th Nov 26		Identify the skills required to be a successful kayaker and explain in detail whether these were strengths or weaknesses of yours. Final deadline – Friday 20th November 2026
Week 11	23 th Nov 26	4 th Dec 26	Task 2 - understand the equipment, clothing and safety aspects involved when participating in outdoor and adventurous activities	The 3 OAA to focus on; • Kayaking • Abseiling • Paragliding Introduction to the assignment and what you are going to be discussing Identify all of the <u>equipment</u> and <u>specialist equipment</u> required to partake in the 3 focus activities – You must explain, in detail, <u>the reason for the equipment</u> and <u>what its job is</u> and also, <u>what could happen if you didn't use this piece of equipment</u>.
Week 13	7 th Dec 26	18 th Dec 26		For each of the 3 focus activities, write a detailed paragraph explaining how participation in these activities is impacted by; • Terrain • Climate Final deadline – Friday 18th December 2026
Week 15	4 th Jan 27	15 th Jan 27	Task 3 – Plan for and be able to demonstrate knowledge	Plan a session of kayaking at Grenville House

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			and skills during an Outdoor Adventurous Activity	Introduction to the coursework and what you are going to be planning and how. You must plan for the following – In as much detail as you possibly can; • Timings of the activity • Content of the session • Health & Safety • Personnel • Equipment
Week 17	18 th Jan 27	29 th Jan 27		Continuation of task. You must plan for the following – In as much detail as you possibly can; • Contingency plan • Licensing • Supplies • Location • Weather • Shelter
Week 19	1 st Feb 27	12 th Feb 27		Risk assessment – Identify 10 risks/hazards that you could come across whilst kayaking. You must explain in detail, what control measures you would put in place to reduce this potential risk from causing injury or harm to your participants. Final Deadline – Friday 12th February 2027

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Week 21	22 nd Feb 27	5 th Mar 27	R184 – Contemporary Issues in Sport	TA1 & TA2 – Revision and exam style questions (<i>Revision Knowledge Organisers and exam style questions supplied</i>)
Week 23	8 th March 27	19 th Mar 27	R184 – Contemporary Issues in Sport	TA1, TA2 & TA3 – Revision and exam style questions (<i>Revision Knowledge Organisers and exam style questions supplied</i>)
Week 25	22 nd March 27	16 th April 27	R184 – Contemporary Issues in Sport	TA1, TA2, TA3 & TA4 – Revision and exam style questions (<i>Revision Knowledge Organisers and exam style questions supplied</i>)
Week 27	19 th April 27	30 th April 27	R184 – Contemporary Issues in Sport	TA1, TA2, TA3, TA4 & TA5 – Revision and exam style questions (<i>Revision Knowledge Organisers and exam style questions supplied</i>)
Week 29	3 rd May 27	14 th May 27		TA1 – TA5 – Final exam preparation. Exam style questions and revision (<i>Revision Knowledge Organisers and exam style questions supplied</i>) Exam – 12th May (9.00am)
Week 31	17 th May 27	4 th June 27		Students complete – No Home Learning set
Week 33	7 th June 27	18 th June 27		Students complete – No Home Learning set
Week 35	21 st June 27	2 nd July 27		Students complete – No Home Learning set
Week 37	5 th July 27	16 th July 27		Students complete – No Home Learning set

Year 10 – Home Learning Timetable

	Date set	deadline	Unit/task	Work to be complete
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Week 1	1 st Sept 26	11 th Sept 26	Unit R185 - TA2	Describe 4 key skills in badminton. Refer to impact on game.
Week 3	14 th Sept 26	25 th Sept 26	Unit R185 - TA2	Describe 4 (8 in total) key skills in badminton. Refer to impact on game.
Week 5	28 th Sept 26	9 th Oct 26	Unit R185 - TA2	Explaining why skills are a strength or a weakness. Complete for all 8.
Week 7	12 th Oct 26	6 th Nov 26	Unit R185 - TA2	3 x progressive drills Research and write up drills for 1st weakness; with ways to make drills easier and harder and explain what you can improve and how it may impact the game. A way to record results for each drill.
Week 9	9 th Nov 26	20 th Nov 26	Unit R185 - TA2	3 x progressive drills Research and write up drills for 2nd weakness; with ways to make drills easier and harder and explain what you can improve and how it may impact the game. A way to record results for each drill.
Week 11	23 rd Nov 26	4 th Dec 26	Unit R185 - TA2	Monitoring and recording results. Describe the different ways you can monitor improvements in your drills. TA2 DEADLINE 18 th December
Week 13	7 th Dec 26	18 th Dec 26	Unit R185 - TA2	All work to be ready for submission. • Logbook – badminton • Logbook – 2nd sport • Training programme – badminton • TA2 – completed • Witness statement - badminton • Witness statement – sport 2
Week 15	4 th Jan 27	15 th Jan 27	Unit R187- TA3	Lesson plan Plan 2 progressive drills for a skill of your choice. MUST include

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				• Teaching points. • Progression. • Way to make the drill easier.
Week 17	18 th Jan 27	29 th Jan 27	Unit R187-TA3	Lesson plan Plan final progressive drill for a skill of your choice. MUST include • Teaching points. • Progression. • Way to make the skill easier. AND... Plan an adapted game and a cool down to finish.
Week 19	1 st Feb 27	12 th Feb	Unit R187-TA3	Risk assessment. Complete the risk assessment for your activity which covers both the activity and venue. Must include at least 8 different hazards. Complete Emergency Procedures aspect of the assignment, clearly explaining what you will do in a range of situations. TA3 DEADLINE 12th February
Week 21	22 nd Feb 27	5 th Mar 27	Unit R187-TA3	After delivery of your lesson, you need to review how it went. Makes notes on • Aspects which went well • Aspects which did not go so well • How you adapted the lesson as you went • How you could improve the lesson for next time
Week 23	8 th March 27	19 th Mar 27	Unit R187-TA3	Write up your review of your lesson, ensuring you cover all the aspects required. It is vital that you clearly explain how you could make improvements for next time.
Week 25	22 nd March 27	16 th April 27	ALL	DIRT - Improvements to assignments following discussions with your teacher. Make sure all work is ready for final submission.

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Week 27	19 th April 27	30 th April 27	ALL	DIRT - Improvements to assignments following discussions with your teacher. Make sure all work is ready for final submission. DEADLINE for ALL improvements assignments 30 th April
Week 29	3 rd May 27	14 th May 27	Unit R187 - TA1	Create definitions for • 'Outdoor Adventurous Activities' and • 'Provisions'. Write a paragraph on • describe what kayaking is • what terrains/environment/climate is best for the activity.
Week 31	17 th May 27	4 th June 27	Unit R187 - TA1	Research places to go kayaking within the region (less than 90 miles away). 3 examples to be provided. Discuss • The location, • what provisions they offer, • costings.
Week 33	7 th June 27	18 th June 27	Unit R184 - TA1	Revise topics covered so far in exam unit. • User groups • Barriers to participation • Solutions to barriers • Factors affecting participation • Emerging sports in UK
Week 35	21 st June 27	2 nd July 27	Unit R187 - TA1	Research places to go kayaking nationally (more than 90 miles away). 3 national examples to be provided. Discuss; • The location, • what provisions they offer and • costings.

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Week 37	5 th July 27	16 th July 27	Unit R187 - TA1	Research final 2 activities discussing provision regionally and nationally. 3 regional examples for each activity and 3 national examples for each activity. For each activity discuss • the location, • what provisions they offer and • costings.
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