

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	Topic Area 1: Key components of performance. Topic Area 2: Applying practice methods to support improvement in a sporting activity	Topic Area 1: Key components of performance. Topic Area 2: Applying practice methods to support improvement in a sporting activity	 Topic Area 3: Organising and planning a sports activity session. Topic Area 4: Leading 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.	 Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK 1.1 The provision available for outdoor and adventurous activities both locally and nationally. Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities 2.1 Types of equipment to be used for participation 2.2 Types of clothing to be used for participation 3 Types of technology that can enhance participation or safety 2.4 Types of terrain and environment 	 Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity 3.1 Key considerations when planning an outdoor activity in a specified location 3.2 Outdoor activity risk assessment 3.3 Emergency procedures plan 3.4 Demonstrate appropriate skills in outdoor activities



Skills	PO1: Individual and team sport skills in isolation and competition. PO2: Analysing own performance. Planning practice sessions to improve performance. Reflection and critical evaluation.	PO1: Individual and team sport skills in isolation and competition. PO2: Analysing own performance. Planning practice sessions to improve performance. Reflection and critical evaluation.	PO3: Researching, observing, planning, preparation and analysis of risk, working independently, meeting a deadline. PO4: Leadership, communication, delivery, adaptability, problem solving.	PO5: reflection, evaluation, analysis, working independently, meeting a deadline.	PO1 & PO2: Researching, recording, reviewing, working independently, meeting a deadline.	PO3: Researching, observing, planning, preparation and analysis of risk, working independently, meeting a deadline.
Connections to previous learning	KS3 & KS4 team and individual sports: Table tennis, Badminton, Football, Netball & Basketball. KS3 & KS4 Officiating, rules and regulations, social skills e.g communication, leadership.	KS3 & KS4 team and individual sports: Table tennis, Badminton, Football, Netball & Basketball. KS3 & KS4 Officiating, rules and regulations, social skills e.g communication, leadership.	KS4 leaderships skills – Social ME. Autumn 1 knowledge of how to complete assignments, working to deadlines etc. Autumn 1 – Leadership, communication and delivery skills.	KS4 evaluative skills, peer and self-assessment, performance analysis –Thinking ME.	KS3 & KS4 Orienteering skills. Duke of Edinburgh/Super Learning week.	KS3 & KS4 Orienteering skills. Autumn 1&2 Sports Leadership: Planning, preparation, risk assessments. Duke of Edinburgh/Super Learning week.
Assessment	PO1: Practical assessment in two sports. PO2: Written assignment	PO1: Practical assessment in two sports. PO2: Written assignment	PO3: Written assignment plan. PO4: Practical session delivery.	PO5: Written assignment reflection.	PO1: Written assignment. PO2: Written assignment.	PO3: Written assignment.
Homework	PO1: Attendance at extracurricular sports clubs within school or at club level. Competition log. PO2: Three pieces of homework: Research tasks – i.e. practice drills, warmup ideas etc.	PO1: Attendance at extracurricular sports clubs within school or at club level. Competition log. PO2: Three pieces of homework: Research tasks – i.e. practice drills, warmup ideas etc.	Four homework pieces set including: 1. Keyword and definitions task. 2. Research task x2 3. Practice of session delivery.	PO5: 2 x reflective tasks will be set in preparation for assignment completion.	Four homework pieces set including: 1.Keyword and definitions task. 2.Research task x2 3.Consolidation of knowledge task.	Two research tasks.



Cultural	Weekly extra-curricular	Weekly extra-curricular	Weekly extra-curricular	Weekly extra-curricular	Weekly extra-curricular	Weekly extra-curricular
enrichment	opportunity to practice	opportunity to practice	opportunity to practice	opportunity to practice	opportunity to practice	opportunity to practice
including Trips,	sports skills at sports clubs at	sports skills at sports clubs	leadership skills at lunch	leadership skills at lunch	orienteering skills at lunch	orienteering skills at lunch
Visits,	lunch time and after school	at lunch time and after	time and after school in	time and after school in	time and after school.	time and after school.
Experiences, Extra-	(e.g Netball, Basketball,	school (e.g Netball,	basketball or football.	basketball or football.		
curricular	Football, Badminton, Table	Basketball, Football,			Weekly extra-curricular	Weekly extra-curricular
	Tennis).	Badminton, Table Tennis).	Weekly extra-curricular	Weekly extra-curricular	opportunity after school to	opportunity after school to
			opportunity after school to	opportunity after school to	access support in	access support in completing
			access support in	access support in	completing assignments.	assignments.
			completing assignments.	completing assignments.		
Literacy	Sport specific vocabulary,	Sport specific vocabulary,	Sport specific vocabulary,	Sport specific vocabulary,	Sport specific vocabulary,	Sport specific vocabulary,
	reading of learning objectives	reading of learning	reading of learning	reading of learning	reading of learning	reading of learning objectives
	and outcomes, reading of skill	objectives and outcomes,	objectives and outcomes,	objectives and outcomes,	objectives and outcomes,	and outcomes, reading of skill
	progressions, technique	reading of skill	reading of skill	reading of skill progressions,	reading of skill progressions,	progressions, technique cards,
	cards, rules and regulations,	progressions, technique	progressions, technique	technique cards, rules and	technique cards, rules and	rules and regulations, safety
	assessment criteria and	cards, rules and	cards, rules and	regulations, assessment	regulations, safety	procedure, assessment criteria
	feedback.	regulations, assessment	regulations, assessment	criteria and feedback.	procedure, assessment	and feedback.
	Verbal & written feedback	criteria and feedback.	criteria and feedback.	Verbal & written feedback	criteria and feedback.	Verbal & written feedback
	given.	Verbal & written feedback	Verbal & written feedback	given.	Verbal & written feedback	given.
	Working in	given.	given.	Written evaluative work	given.	Working in teams/groups/pairs
	teams/groups/pairs	Working in	Written work within	within assignments.	Working in	developing communication
	developing communication	teams/groups/pairs	assignments.	Communication skills	teams/groups/pairs	skills, leadership and peer
	skills, leadership and peer	developing	Communication skills	developed within coaching	developing communication	coaching/assessment.
	coaching/assessment.	communication skills,	developed within coaching	and leadership roles.	skills, leadership and peer	Written work within
	coaching/assessment.	leadership and peer	and leadership roles.	and leadership toles.	coaching/assessment.	assignments.
		coaching/assessment.	and leadership roles.		Written work within	assignments.
		coaching/assessment.			assignments.	
Numeracy	Key numeric skills practiced	Key numeric skills	Time management &	Time management and	Knowledge of degrees when	Time management &
Numeracy	and utilized within scoring	practiced and utilized	distribution.	organization of the class into	orientating a compass on a	distribution.
	systems when umpiring;	within scoring systems	Organization of the class	groups when delivering	map for orienteering.	Organization of the class into
		• .	0	• •		
	constructing league tables and fixtures.	when umpiring; constructing league tables	into groups when	coaching sessions.	Angles in climbing. Weight,	groups when delivering coaching sessions.
	and lixtures.	0 0	delivering coaching		force and gravity etc.	0
		and fixtures.	sessions.			Segmenting and planning.
			Segmenting and planning.			
814 0						
CIAG			The role of a		Jobs roles in the industry.	
			coach/teacher in industry.			



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



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