



Long Term Plan: Sport Studies

Unit R184= mandatory exam unit, 80 UMS

Unit R185= mandatory (Practical sport) CW unit, 80 UMS

Unit R186= optional CW unit, 40 UMS

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 9	<p>Unit R185: <u>Performance and leadership in sports activities</u></p> <p>Topic Area 1: Key components of performance Individual sport</p> <p>1.1 Performance in two selected activities. 1.2 Participating in your activities. 1.3 Decision-making during performance. 1.4 Managing and maintaining performance in individual activities</p>	<p>Unit R185: <u>Performance and leadership in sports activities</u></p> <p>Topic Area 1: Key components of performance Team Sport</p> <p>1.1 Performance in two selected activities. 1.2 Participating in your activities. 1.3 Decision-making during performance. 1.5 Your role and contribution to team activities</p>	<p>Unit R185: <u>Performance and leadership in sports activities</u></p> <p>Topic Area 1: Key components of performance Team/individual sport</p> <p>1.1 Performance in two selected activities. 1.2 Participating in your activities. 1.3 Decision-making during performance. 1.5 Your role and contribution to team activities</p>	<p>Unit R185: <u>Performance and leadership in sports activities</u></p> <p>Topic Area 2: Applying practice methods to support improvement in a sporting activity</p> <p>2.1 Strengths and weaknesses of sports performance. 2.2 Methods to improve performance.</p>	<p>Unit R185: <u>Performance and leadership in sports activities</u></p> <p>Topic Area 2: Applying practice methods to support improvement in a sporting activity</p> <p>2.1 Strengths and weaknesses of sports performance. 2.2 Methods to improve performance. 2.3 Measuring improvement in performance</p>	<p>Unit R185: <u>Performance and leadership in sports activities</u></p> <p>Topic Area 3: Organising and planning a sports activity session 3.1 Organisation of a sports activity session. 3.2. Safety considerations when planning a sports activity session. 3.3 Objectives to meet the needs of the group.</p>
Assessment	MB1/MB2/MB3 for their individual sport	MB1/MB2/MB3 for their team sport	MB1/MB2/MB3 for their team/individual sport	MB1/MB2/MB3 for TA 2	MB1/MB2/MB3 for TA 2	MB1/MB2/MB3 for TA 3

<p>Year 10</p>	<p>Day off TT in HT1 for pupils to lead their session.</p> <p>Unit R185: <u>Performance and leadership in sports activities</u></p> <p>Topic Area 4: Delivering a sports activity session 4.1 Organisation of a sports activity session. 4.2 Leading a sports activity session.</p> <p>Unit R185: Topic Area 5: Reviewing your own performance in planning and delivery of a sports activity session 5.1 Review your leadership of a sports activity session</p>	<p>Unit R185: Topic Area 5: Reviewing your own performance in planning and delivery of a sports activity session 5.1 Review your leadership of a sports activity session</p> <p>Unit R186: <u>Sport and the media</u></p> <p><u>Introduction to the unit and Topic Area 1</u></p> <p>Topic Area 1: The different sources of media that cover sport</p> <p>1.1 Distinguish between different media sources and how they cover sport.</p>	<p>Unit R186: <u>Sport and the media</u></p> <p><u>Introduction to the unit and Topic Area 1</u></p> <p>Topic Area 1: The different sources of media that cover sport</p> <p>1.1 Distinguish between different media sources and how they cover sport.</p> <p>Unit R186: <u>Sport and the media</u></p> <p><u>Topic Area 2: Positive effects of the media in sport</u></p> <p>2.1 The positive relationship between the media and sport. 2.2 Positive impacts of the media in sport.</p>	<p>Unit R186: <u>Sport and the media</u></p> <p>Topic Area 3: Negative effects of the media in sport 3.1 A range of negative effects of the media on sport in relation to spectators and live sport. 3.2 Negative impacts of the media on sports and sports performers.</p>	<p>Unit R186: <u>Sport and the media CW</u> <u>Gap analysis before submission</u></p> <p>Submit R185 & R186 May/June submission</p> <p>15th May</p>	<p>Unit R184: <u>Contemporary issues in sport (EXAM UNIT)</u></p> <p><u>Topic Area 1: Issues which affect participation in sport</u> 1.1 User groups. 1.2 Possible barriers. 1.3 Possible barrier 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.</p>
<p>Assessment</p>	<p>MB1/MB2/MB3 for TA4 MB1/MB2/MB3 for TA5</p>	<p>MB1/MB2/MB3 for TA5 MB1/MB2/MB3 for TA1</p>	<p>MB1/MB2/MB3 for TA1 MB1/MB2/MB3 for TA2</p>	<p>MB1/MB2/MB3 for TA3</p>		<p>TA1 Practice questions/assessments</p>
<p>Year 11</p>	<p>Unit R184: <u>Contemporary issues in sport (EXAM UNIT)</u></p> <p><u>Topic Area 2: The role of sport in promoting values</u></p>	<p>Unit R184: <u>Contemporary issues in sport (EXAM UNIT)</u></p> <p><u>Topic Area 3: : The implications of hosting a major sporting event for a</u></p>	<p>Unit R184: <u>Contemporary issues in sport (EXAM UNIT)</u></p> <p><u>Topic Area 4: The role National Governing Bodies (NGBs) play in</u></p>	<p>Unit R184: <u>Contemporary issues in sport (EXAM UNIT)</u></p> <p><u>RECAP/RECALL according to GAP analysis/QLA:</u></p>	<p>EXAM RECALL/ EXAM READY. Gap analysis.</p> <p>Unit R184: <u>Contemporary issues in sport (EXAM UNIT)</u></p>	

	<p>2.1 Sport values.</p> <p>2.2 The Olympic and Paralympic movement.</p> <p>2.3 Sporting values initiative and campaigns.</p> <p>2.4 The importance of etiquette AND sporting behaviour.</p> <p>2.5 The use of Performance Enhancing Drugs (PEDs) in sport.</p>	<p><u>city or country</u></p> <p>3.1 The features of a major sporting event</p> <p>3.2 Positive and negative pre-event aspects of hosting a major sporting event</p> <p>3.3 Potential positive and negative aspects of hosting a major sporting event</p>	<p><u>the development of their sport</u></p> <p>4.1 National Governing Bodies (NGBs)</p> <p>Unit R184:</p> <p><u>Contemporary issues in sport (EXAM UNIT)</u></p> <p><u>Topic Area 5: The use of technology in sport</u></p> <p>5.1 The role of technology in sport.</p> <p>5.2 Positive and negative effects of the use of technology in sport</p>	<p><u>Topic Area 1: Issues which affect participation in sport</u></p> <p><u>Topic Area 2: The role of sport in promoting values</u></p> <p><u>Topic Area 3: : The implications of hosting a major sporting event for a city or country</u></p> <p><u>Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport</u></p> <p><u>Topic Area 5: The use of technology in sport</u></p>	<p>(Sit R184 real exam end of May)</p>	
Assessment	TA2 Practice questions/assessments	TA3 Practice questions/assessments Mock exam	TA 4 & TA5 Practice questions/assessments	TA 1-5 Practice questions/assessments	Practice assessment & Real exam	