

# CNAT Sport Studies: Year 10 September/Easter

R185 Performance and Leadership of Sports Activities (40% of final grade)

## The Journey Starts

All students to complete unit R181 by May of Year 10



Year 10

Term 1a

Intro to Sport Science

R185

Topic 1

There are 5 topics to be taught followed by an NEA assessment. You will have deadlines to meet and this work will form 40% of your final grade.

## Topic 1: Performance in 2 sports

To demonstrate skills, tactics, different strategies and compositional ideas in two chosen sports. This is assessed through practical assessment.

## Topic 3: Organising and planning a sport activity session

Consider venues, timing, equipment, supervision and back up plans. Also complete a risk assessment



Task 1

## Assessment Task

This is internally marked, but externally moderated. The task changes each year so you need to get it right first time.

## Topic 2: Apply practice methods to support improvements

Learn how to assess strengths and weaknesses, create methods of improvement and use technology to support improvements

## Topic 4: Leading a sports activity session

Plan and teach a sports session to younger students in the school. Consider what activities you will do, your leadership style and your communication skills.



Task 3

Topic 3

Term 1b

Task 2

Topic 2

Term 2a

Topic 4

Task 4

Term 2b

Topic 5

Task 5

Easter



## Task 5: Review your sports session

Review your ability to plan and lead a sports session, identifying strengths and weaknesses

## End of R185

Your work will be assessed and a mark recorded with the exam board.



# CNAT Sport Studies: Year 10 EasterSummer

## The Journey Continues

You are well on the way now, have banked 1 unit. We are now starting exam content.

## Topic 1: Barriers that affect participation in sport

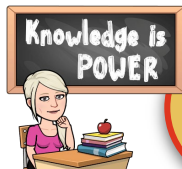
Different factors that can influence people's ability to take part in physical activity and solutions to overcome the barriers

## Topic 2: The role of sport in promoting values

Sports values such as respect, tolerance, team work and citizenship. The Olympic and Paralympic movement and other sporting events

## External Assessment

Unit R184 is your exam unit, there are 5 topic areas and the exam will make up 40% of your final grade.



Term 3a

R184

Topic 1

Test

Topic 2

Test

WELL DONE!  
WORK SENT OFF

## May 15<sup>th</sup> External Moderation

All work has to have been posted off to the exam board for this date. After this your marks will be confirmed.



Term 3b

## Topic 3: The implications of hosting a major sporting event

Different types of events, positive and negative aspects of hosting events on a country

## Start R186: Sport and the media

Positive and negative effects the media has on sport (NEA unit). This is worth 20% of final grade.

R186

JUNE

Test

Topic 3

Topic 1



## Assessment Task

This is internally marked, but externally moderated. The task changes each year so you need to get it right first time.



## Topic 1: Different types of media

Explore different types of media and how they cover sport. For example radio, online, TV.

Task 1

Topic 2

Task 2

Topic 3

END OF Y10



## Topic 2: Positive effects of the media on sport

How the media can influence participation, education, raising the profile of sport and generating revenue

## Topic 3: Negative effects of the media on sport

Decline in live spectatorship, the impact of wider global issues on sport, coverage of inappropriate behaviour



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# CNAT Sport Studies: Year 11 September Summer

## The Journey Continues

You are well on the way now, have banked 1 unit. We are now finishing our second NEA unit and the exam content.

Submission of unit R186 by October half term

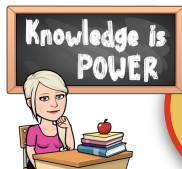
## Topic 4: The role of National Governing Bodies

What is their role and how can they influence participation levels



## Topic 5: Technology in Sport

Explore the role of technology in sport, increased fair play and increased safety



Term 1a

R186

R184

Topic 4

Test

Term 1b

Topic 5

## Y11 Mocks

You will sit a mock just before the Christmas holidays

## Assessment Task

This is internally marked, but externally moderated. The task changes each year so you need to get it right first time.



SIT EXAM (1<sup>st</sup> ATTEMPT)

Term 2a

Revision

WORK SENT OFF



## January External Moderation

All work has to have been posted off to the exam board for this date. After this your marks will be confirmed.

Revision



Term 2b

Revision

Term 3a

Revision



SIT EXAM (2<sup>nd</sup> ATTEMPT)

END OF Y11



## Terminal Assessment

If you resit the exam it is the final attempt that will count towards your grade, even if you do worse!



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