

# Cambridge National Sport Studies

## Year 10 Term 2.1 & 2.2



**Unit of study R185:**

**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**

Specification	Aims & Objectives:	Revision links:
3.1 Organisation of a sports activity session	The aim is to learn how to develop and plan for training / sports sessions that students will deliver to younger children	
3.2. Safety considerations when planning a sports activity session	To develop an understanding of what is needed in risk assessments <ul style="list-style-type: none"> <li>• What are risks and hazards</li> <li>• How to alleviate / reduce the risks</li> <li>• What are contingency plans</li> <li>• How do we keep people safe in our sessions</li> </ul>	<a href="#">▶ JUNE 2...</a>
3.2.1 Risk assessment and corrective action:		
3.3 Objectives to meet the needs of the group	To develop our leadership skills including the use of body language, voice, positioning and non verbal cues.	
4.1 Organisation of a sports activity session	To lead a small sports session for younger children, in an activity of students own choosing	
4.2 Leading a sports activity session	To be reflective practitioners and be able to review our own performance and plan for improvements	
5.1 Review your leadership of a sports activity session		

**Types of tasks to expect:**

Many of the tasks will be research based and the emphasis will be on the student to find things out in preparation for the next lesson(s)

Students will also be asked to make some preparatory notes for upcoming lessons that will allow them to complete set assignments independently and efficiently

**Where?**

Homework will be posted on Google Classroom / class charts. Students will be expected to have evidence of this work within Google classroom for the teacher to check.

**When?**

Homework will be set through the half term. This will depend on the point at which the students are at in their learning. We will aim for 1 homework every 2 weeks

**Feedback**

Feedback on research / preparatory work will be given verbally. Some will be given within Google Classroom. During set assignment work, feedback will be given within the guidelines laid out by OCR & JCQ