

Sport Studies - Key Stage 4 Curriculum



Curriculum Intent

We have a strong belief that PE, sport and physical activity provides a great opportunity and vehicle for **personal growth**, improving competence, building character and self-discipline, to help students make positive contributions in sport and wider society. At the end of year 11 a student at TASE will leave with an ambition and motivation to continue to be physically active. Through a broad and balanced experience, they will have acquired the knowledge, core skills and attributes to develop their physical literacy; the motivation, confidence, physical competence, knowledge and understanding that provides them with the movement foundation for lifelong participation in physical activity.

Overview

Year 10

R185: Performance and leadership in sports activities (this is assessed by a set assignment)

- o Key components of performance
- o Applying practice methods to support improvement in a sporting activity

R187: Increasing awareness of Outdoor and Adventurous Activities (this is assessed by a set assignment).

- o Provision for different types of outdoor and adventurous activities in the UK
- o Equipment, clothing and safety aspects of participating in outdoor and adventurous activities
- o Plan for and be able to participate in an outdoor and adventurous activity
- o Evaluate participation in an outdoor and adventurous activity

Year 11

R185: Performance and leadership in sports activities (this is assessed by a set assignment)

- o Organising and planning a sports activity session
- o Leading a sports activity session
- o Reviewing your own performance in planning and leading a sports activity session.

R184: Contemporary issues in sport (this is assessed by an exam).

- o Issues which affect participation in sport
- o the role of sport in promoting values
- o the implications of hosting a major sporting event for a city or country
- o the role National Governing Bodies (NGBs) play in the development of their sport
- o the use of technology in sport.

Content

Year 10

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Unit R187: Increasing awareness of Outdoor and Adventurous Activities				R185: Performance and leadership in sports activities	
Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK	Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities	Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity	Topic Area 4: Evaluate participation in an outdoor and adventurous activity	Topic Area 1: Key components of performance Topic Area 2: Applying practice methods to support improvement in a sporting activity	
R185: Performance and leadership in sports activities					
Topic Area 1: Key components of performance					

Year 11

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
R185: Performance and leadership in sports activities					
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				
	Unit R184: Contemporary issues in sport				
	Topic Area 1: Issues which affect participation in sport	Topic Area 3: The implications of hosting a major sporting event for a city or country	Topic Area 5: The use of technology in sport	R184 - Exam preparation and revision	
	Topic Area 2: The role of sport in promoting values	Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport	R184 - Exam preparation and revision	R184 - Exam preparation and revision	

