

<b>OVERVIEW</b>	<p>This course provides an engaging and relevant introduction to the world of sport. It incorporates important aspects of contemporary issues, such as barriers to participation, practical sports performance, sports leadership, and participation in outdoor and adventurous activities. It enables you to develop and apply your knowledge, while also developing a range of relevant practical, communication and technical skills.</p>		
<b>AUTUMN</b>	<p><b>R185</b></p> <p>Students will develop skills, techniques and use of tactics and strategies in two activities as a performer. They will develop their understanding of the rules and apply them during open situations and assessment. Students will consider the use of different practice methods to support improvement in a sporting activity. They will demonstrate their understanding of these practice methods and how to measure performance in a practical setting.</p>	<p><b>Assessment</b></p> <p><b>TA1</b> Centre assessed in two activities showing their knowledge of skills, techniques and use of tactics and strategies. OCR moderated.</p> <p><b>TA2</b> Centre assessed demonstrating their understanding of how to apply practice methods and how to measure performance. OCR moderated.</p>	<p><b>Personal Development</b></p> <ul style="list-style-type: none"> <li>• Encouraging good sportsmanship</li> <li>• Promoting trust with peers through teamwork</li> <li>• Respect of each other, facilities, and the environment</li> <li>• Promoting an inclusive space</li> </ul>
<b>SPRING</b>	<p><b>R185</b></p> <p>Students will gain an understanding of how plan a sports activity session and will consider level of participants, health and safety aspects, risk assessment and emergency procedures. They will deliver their session demonstrating their leadership and organisational skills with participants, equipment and facilities. Finally, students will evaluate their performance to better understand how to improve.</p>	<p><b>Assessment</b></p> <p><b>TA3</b> Centre assessed in the planning of a sports activity session. OCR moderated.</p> <p><b>TA4</b> Centre assessed in the delivery of a sports activity session. OCR moderated.</p> <p><b>TA5</b> Centre assessed in the evaluation of their sports activity session. OCR moderated.</p>	<p><b>Personal Development</b></p> <ul style="list-style-type: none"> <li>• Discipline to train to improve and steps to success.</li> <li>• Leadership opportunities and organisational skills</li> <li>• Self-reflection to evaluate experiences helping students to build a positive</li> </ul>
<b>SUMMER</b>	<p><b>R187</b></p> <p>Students will gain an understanding of how to plan for and be able to participate in an outdoor and adventurous activity. They will consider a number of factors including health and safety, licensing, contingency plan, risk assessment and emergency procedures. Students will demonstrate their ability to take part in an outdoor and adventurous activity and will evaluate their performance in terms of the aspects that went well and the aspects that could be improved.</p>	<p><b>Assessment</b></p> <p><b>TA3</b> Centre assessed in the planning of participation in an outdoor adventurous activity. OCR moderated.</p> <p><b>TA4</b> Centre assessed in the participation of an outdoor and adventurous activity. OCR moderated.</p> <p><b>TA5</b> Centre assessed in the evaluation of their participation in an outdoor and adventurous activity.</p>	<p><b>Personal Development</b></p> <ul style="list-style-type: none"> <li>• Awareness of the natural environment and its importance</li> <li>• Building resilience through challenging experiences</li> <li>• Building trust in each other</li> <li>• Problem solving.</li> </ul>

### Useful resources for supporting your child at home

**GCSE SIMPLIFIED - Sports Studies R184**  
<https://theeverlearner.com/login>

### Homework

Students will be set homework every other week, content will cover aspect of contemporary issues in sport