

Year 10 Sports Studies



Topic 1 - R186 - Sport and the Media

TA1 - Different sources of Media that cover Sport

TA2 - Positive Effects of the Media on Sport

TA3 - Negative Effects of the Media on Sport

Topic 2 - R185 - Performance and Leadership in Sports Activities

TA1 - Key components of Performance

TA2 - Applying practice methods to support improvement in a sporting activity



Knowledge	Attributes / Character	Skills	Experiences
<ul style="list-style-type: none"> • Be able to use skills, techniques and tactics/strategies/compositional ideas as an individual performer in a sporting activity • Be able to use skills, techniques and tactics/strategies/compositional ideas as a team performer in a sporting activity. • Be able to identify strengths and weaknesses in own performance and plan a training programme to improve those weaknesses. • Be able to plan sports activity sessions • Be able to deliver sports activity sessions • Be able to evaluate own performance in delivering a sports activity session • Know about the different sources of media. • Know how sport is covered across the media. • Understand positive effects that the media can have on sport. • Understand negative effects that the media can have on sport. • Understand the relationship between sport and the media. 	<ul style="list-style-type: none"> • Confidence - improved through: <ul style="list-style-type: none"> - practice and performance in team and individual sports. - Through leading a sports session to their peers. - Through feedback on performance - Through identifying strengths and weaknesses. - Through use of a range of Checking for Understanding methods. • Organisation - developed and improved through: <ul style="list-style-type: none"> - Time management and meeting deadlines - Planning and delivering a sports session/training programme • Resilience - developed and improved through: <ul style="list-style-type: none"> - Feedback on performance - Assessment of written coursework - Evaluation of own performance, recognising weaknesses • Empathy - students build empathy through: <ul style="list-style-type: none"> - working with others and supporting - evaluating others' performances and providing feedback 	<ul style="list-style-type: none"> • Communication skills for practical units • Questioning and challenging perceived or prior knowledge • Infer and apply the rules of a sport. • Reflect and evaluate the effectiveness of coaching sessions. • Observe and recommend improvements to others. • Create session plans • Leadership and communication skills in delivering practical sessions. • Write detailed reports on the different media sources and the positive/negative effects of the media on sport. 	<ul style="list-style-type: none"> • Experience of taking on the role of a leader and delivering activity sessions to their peers. • University visits • Leadership opportunities - leadership courses, leading primary sporting events, Open Evening Sports Events