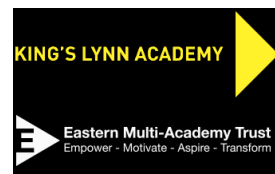
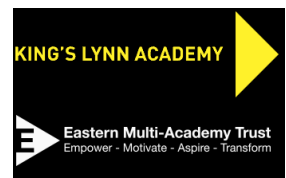


Implementation: Curriculum Narrative



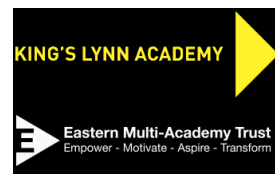
<i>Subject: Sport Studies</i>	<i>Year: 10</i>	<i>Author: S. Mason</i>
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Key Knowledge <i>Pupils will know</i>	Key Skills <i>Pupils will be able to</i>
Key Threshold Concepts:	Subject Skills:
<p>R185: Practical Sport (Year 10) The OCR Cambridge National Sports Studies R185 Practical Sport unit develops students' understanding of effective performance, leadership, and analysis within sport and physical activity. Throughout Year 10, students actively participate in two different sports, applying practical skills alongside theoretical knowledge to enhance performance and leadership capability.</p>	<p>Throughout Year 10, students develop a wide range of practical, analytical, and leadership skills through participation in two practical sports and the planning, delivery, and evaluation of physical activity. These skills support both performance improvement and the development of confidence, responsibility, and independence in sport.</p> <p>Skills Students Will Develop</p> <p>Students will develop the ability to:</p> <ul style="list-style-type: none"> • Apply technical and tactical skills effectively in two different sports • Observe, analyse, and reflect on performance to identify strengths and weaknesses • Set realistic and measurable targets through the creation of an action plan • Develop planning skills by designing structured sports sessions with clear aims and objectives • Demonstrate leadership and communication skills when leading and teaching others • Apply health and safety knowledge, including completing risk assessments and managing safe participation • Use feedback to evaluate and improve both performance and leadership effectiveness • Develop confidence, resilience, teamwork, and organisational skills through practical participation
<p>The following key threshold concepts underpin learning within this unit and represent the essential knowledge and understanding students will secure by the end of Year 10.</p>	
<p>Performance in Two Practical Sports Students develop the understanding that effective sporting performance is based on the application of technical skills, tactical awareness, and decision-making. By participating in two different sports, students learn how skills and tactics vary across activities and how performance can be adapted to different roles, positions, and situations.</p>	
<p>Analysis of Strengths and Weaknesses A key concept within R185 is performance analysis. Students learn how to identify personal strengths and areas for development within each sport. They understand how observation, feedback, and reflection support performance improvement.</p>	
<p>Action Planning for Improvement Students learn how to use performance analysis to create a structured action plan. They understand how to set realistic, achievable targets and identify appropriate methods to improve technical skills, fitness, and tactical awareness over time.</p>	
<p>Planning and Leading Physical Activity Students develop an understanding of lesson and session planning, learning how to structure an effective practical session. This includes setting aims and objectives, selecting appropriate activities, and adapting sessions to meet the needs of participants.</p>	



<p>Health, Safety, and Risk Assessment Students gain knowledge of the importance of health and safety in sport. They learn how to identify potential hazards and complete risk assessments, understanding how to reduce risk and ensure safe participation for all performers.</p>	
<p>Delivery and Leadership in Sport Students apply their knowledge by leading and teaching a practical activity or lesson. They develop leadership skills such as communication, organisation, and motivation, understanding how effective leadership supports learning and enjoyment in sport.</p>	
<p>Review and Evaluation of Leadership and Performance Students learn how to review and evaluate both their leadership and the effectiveness of the session they have delivered. They understand the importance of reflection in identifying strengths, areas for improvement, and strategies for future development.</p>	

<p style="text-align: center;">Subject specific knowledge and sequencing</p> <p>Term 1 & 2: R185 Performance and leadership in sports activities Topic: Key components of performance and applying practice methods to support improvement in a sporting activity Key Concepts: Sports Performance Key Knowledge: Perform skills techniques in 2 different sports, evaluate and improve own performance Assessment: Set assignment and practical assessment</p> <p>Term 3 & 4: R185 Performance and leadership in sports activities Topic: Planning, leading and evaluating a sports activity session Key Concepts: Leadership skills Key Knowledge: Plan an activity session plan/ Stages of a plan/ Deliver a session plan/ participant questionnaire/ Evaluate your activity plan/ Action plan to improve. Assessment: Set assignment - Lesson plan, Delivery, Review</p> <p>Term 5&6: R186 – Outdoor and Adventours Activities Topic: Provision for different types of outdoor and adventurous activities in the UK Key Concepts: Referencing the National Governing Body (NGB) for additional information on the approved activity areas Key Knowledge: Water sports, Trekking, Camping, Climbing, Caving, Cycling, Snow sports, Gliding, Other land-based activities Assessment – Set assignment</p>	<p>Prerequisites and Spiral Teaching:</p> <ul style="list-style-type: none"> • Students build on their prior learning of skills and activities in KS3. • Developing communication skills. • Personal challenge – analysing their own performance in different sports. • Understanding movement – knowledge of the body in action. • Personal challenge – develop their physical fitness.
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Cross-Curricular Knowledge Links:

- **Personal Development/ Citizenship** – Communication skills/ Teamwork/ promoting positive relationships
- **English** – Speaking and listening skills, leading lesson plan.
- **Maths** – Numeracy relating to numbers, plotting graphs and assessing and analysing data.
- **ICT** – Coursework completion/ Research / Use of technology in sport.

Reading Lists / Sources / Reading around the subject recommendations:

- [TheEverLearner - We use technology to humanize every classroom](#)
- www.bbc sport.co.uk
- www.skysports.co.uk
- www.ocr.co.uk
- **Specification:** <https://www.ocr.org.uk/Images/610953-specification-cambridge-nationals-sport-studies-j829.pdf>
- <https://www.ocr.org.uk/Images/620515-student-guide-to-nea-assignments.pdf>
- <https://ocr.org.uk/Images/641258-a-student-and-parents-guide-to-cambridge-nationals-.pdf>
- Reading rule books and sports reports in newspapers and magazines.
- Sports journals