

Rainford High School – Department: Sports Studies

	Year 10 Curriculum					
	Half-Term 1	Half-Term 2	Half-Term 3	Half-Term 4	Half-Term 5	Half-Term 6
Topic	R187 Increasing awareness of Outdoor and Adventurous activities	R187 Increasing awareness of Outdoor and Adventurous activities	R187 Increasing awareness of Outdoor and Adventurous activities	R187 Increasing awareness of Outdoor and Adventurous activities	R185 Performance and Leadership in sports activities	R185 Performance and Leadership in sports activities
Essential knowledge, skills and understanding	<p>Provision of outdoor activities both locally and nationally</p> <p>Discuss NGBs for each activity</p> <p>Going into detail on the provision for the 3 outdoor activity areas both locally and nationally.</p>	<p>Equipment, clothing and safety aspects of participating in outdoor and adventurous activities</p> <p>Types of clothing, equipment, technology and the role of the tech</p> <p>Different types of terrain and climate and the impact of them.</p>	<p>Plan for and be able to participate in an outdoor and adventurous activity</p> <p>Key considerations</p> <p>Risk assessment</p> <p>Emergency procedure plan</p>	<p>Evaluate participation in an outdoor and adventurous activity</p> <p>What went well and what could have been improved</p> <p>Evaluate the value of participating on mental, physical and social.</p>	<p>Applying practice methods to support improvement in a sporting activity</p> <p>Strengths and weaknesses of sports performance</p> <p>Methods to improve performance</p> <p>Measuring improvement in performance</p>	<p>Organise, plan and lead a sports activity session</p> <p>Organise a sports activity session considering all safety considerations</p> <p>Lead the sports activity session that you have planned</p>
Assessments and assessment focus	Assignment 1	Assignment 2	Assignment 3	Assignment 4 and ensure all R187 is uplevelled and submitted	Assignment 2	Assignment 3 and 4