

Year 10 Sport Studies Learning Journey

Week	Date- w/c	Unit R185: Performance and leadership in sports activities (R184 Interleaving)	Assessment
1	4.09.23	Topic Area 1: Key components of performance 1.1.Performance of skills and techniques 1.2 Participating in your activities 1.3 Decision-making during performance 1.4 Managing and maintaining performance in individual activities 1.5 Your role and contribution to team activities TA1 Individual/Team Sport Skill Diary	TA1: Netball Football Basketball Climbing Badminton TA1 Individual / Team Sport Skill diary
2	11.09.23		
3	18.09.23		
4	25.09.23		
5	02.10.23		
6	9.10.23		
7	16.10.23		
		HALF TERM	
8	30.10.23	Topic Area 2: Applying practice methods to support improvement in a sporting activity 2.1 Strengths and weaknesses of sports performance 2.2 Methods to improve performance 2.3 Measuring improvement in performance	TA2: Action Plan
9	6.11.23		
10	13.11.23		
11	20.11.23		
12	27.11.23		
13	4.12.23		
14	11.12.23		
		CHRISTMAS	
15	2.01.24	Topic Area 3: Organising and planning a sports activity session 3.1 Organisation of a sports activity session 3.2. Safety considerations when planning a sports activity session 3.3 Objectives to meet the needs of the group	TA3: Lesson Plan & Risk Assessment
16	8.01.24		
17	15.01.24		
18	22.01.24		
19	29.01.24		
20	5.02.24	Topic Area 4: Leading a sports activity session 4.1 Organisation of a sports activity session 4.2 Leading a sports activity session	TA4: Lesson Delivery
		HALF TERM	
21	19.02.24	Topic Area 5: Reviewing your own performance in planning and leading a sports activity session 5.1 Review your leadership of a sports activity session	TA5: Lesson Evaluation
22	26.02.24		
23	4.03.24		
24	11.03.24		
25	18.03.24		
26	27.03.24		
		EASTER	
		R186: Sport and the media	Assessment
27	17.04.24	Topic Area 1: The different sources of media that cover sport 1.1 Distinguish between different media sources and how they cover sport	TA1: Media in sport
27	24.04.24		
29	02.05.24	Topic Area 2: Positive effects of the media in sport 2.1 The positive relationship between the media and sport 2.2 Positive impacts of the media in sport	TA2: Positive effect of the media in sport
30	08.05.24		
31	15.05.24		
32	22.05.24		
		HALF TERM	
33	05.06.24	Topic Area 3: Negative effects of the media in sport Teaching content Exemplification 3.1 A range of negative effects of the media on sport in relation to spectators and live sport	TA3: Negative effect of the media in sport
34	12.06.24		
35	19.06.24		
36	23.06.24		
37	03.07.24		
38	10.07.24		

Year 10 Sport Studies Progress Tracker

Year 10 Data Sticker		Grade	GCSE 1-9	R185/6 Assignments	R184 Exam
		D2*	8	72	72 90%
		D2	7	64	64 80%
		M2	6	56	56 70%
		P2	4	48	48 60%
		D1	3	40	40 50%
		M1	2	32	32 40%
		P1	1.5	24	24 30%
		U	U	0	0

Date/ Teacher	ASSESSMENT	Grade	B4L	Actions(s) to make progress
	R185 TA1 Team Sport:			
	R185 TA1 Individual Sport:			
	R185 TA2 Action Plan:			
	R185 TA3: Sports Session Plan			
	R185 TA4: Sports Session Delivery:			
	R185 TA5: Sports Session Review			
	R186 TA1: Media sources in sport			
	R186 TA2: Positive effect of the media in sport			
	R186 TA3: Negative effect of the media in sport			

