

Year 10 Sport Studies Learning Journey

Week	Date- W/C	Unit R185: Performance and leadership in sports activities	Assessment
1	05.09.24	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	09.09.24		
3	16.09.24		
4	23.09.24		
5	30.09.24		
6	07.10.24		
7	14.10.24		
8	21.10.24		
HALF TERM			
9	04.11.24	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
10	11.11.24		
11	18.11.24		
12	25.11.24		
13	02.12.24		
14	09.12.24		
15	16.12.24		
CHRISTMAS			
16	06.01.25	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
17	13.01.25		
18	20.01.25		
19	27.01.25		
20	03.01.25	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
21	10.02.25		
HALF TERM			
21	24.02.25	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	03.03.25		
23	10.03.25		
24	17.03.25		
25	24.03.25		
26	31.03.25		
EASTER			
R186: Sport and the media			Assessment
27	21.04.25	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
28	28.04.25		
29	06.05.25		
30	12.05.25	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
31	19.05.25		
HALF TERM			
33	02.06.25	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	09.06.25		
35	16.06.25		
36	23.06.25		
37	30.06.25		
38	07.07.25		
39	14.07.25	WORK EXPERIENCE	

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			

