



Long Term Plan – Sport Studies 2025-2026

Vision:

At The Radclyffe School our Sport Studies curriculum aims to reach the young people from The Radclyffe School and connect them to the inspirational power of Sport and Physical Education so that they are enthused to participate both now and, in the future. The study of Physical Education and Sport Studies covers a broad range of physical activities giving students a chance to explore a range of tactics, strategies and compositional ideas as well a chance to express their creativity and passion within the subject. Students will be encouraged to make decisions throughout at each stage and reflect on their own and others performance to develop evaluative skills.

Students undertaking Sport Studies will develop through the use of various roles such as a performance, coaching and officiating. Students will develop the knowledge, skills and confidence to be able to plan and lead a sports activity session and develop knowledge of the roles and responsibilities of a leader.

Students will experiment with skills and knowledge to enable all students to lead and participate in a balanced, healthy and active lifestyle from a young age as well as develop social, ethical and educational values through physical activity. Through the development of these skills Sport Studies builds students confidence to participate to the best of their ability and overcome any challenge that may present itself. Students will also develop a rounded understanding of contemporary issues in sport which equips students with the knowledge of sport in the modern world.

	HT1	HT2	HT3	HT4	HT5	HT6	Threshold concepts
Year 10	Unit R185 Performance and Leadership in Sport: Unit R185 comprises of both practical performance and classroom-based work. Throughout this unit all sport studies classes will have 2 practical lessons and 3 classroom-based lessons over a 2-week timetable. In the 1 st half term we will focus on the PRACTICAL in R185: Practical Lessons: Performance in sport, students assessed in a combination of: <ul style="list-style-type: none"> ➤ Two individual activities ➤ Two team activities ➤ One individual and one team activity. R185 Performance Assessment. Practical Grades assessment. Grades submitted on cohort tracker Logbooks Completed R187: Unit R187: Increasing awareness of Outdoor and Adventurous Activities Classroom lessons: <u>Topic Area 4: Evaluate participation in an outdoor and adventurous activity</u>	Unit R185 Performance and Leadership in Sport: Practical Lessons: Performance in sport, students assessed in a combination of: <ul style="list-style-type: none"> ➤ Two individual activities ➤ Two team activities ➤ One individual and one team activity. R185 Performance Assessment. Practical Grades assessment. Grades submitted on cohort tracker Logbooks Completed	Unit R185 Performance and Leadership in Sport: Practical Lessons: Performance in sport, students assessed in a combination of: <ul style="list-style-type: none"> ➤ Two individual activities ➤ Two team activities ➤ One individual and one team activity. R185 Performance Assessment. Practical Grades assessment. Grades submitted on cohort tracker. Logbooks Completed Classroom lessons: R187: Unit R187: Increasing awareness of Outdoor and Adventurous Activities Classroom lessons: <u>Topic Area 4: Evaluate participation in an outdoor and adventurous activity</u>	Unit R185 Performance and Leadership in Sport: Practical Lessons: Performance in sport, students assessed in a combination of: <ul style="list-style-type: none"> ➤ Two individual activities ➤ Two team activities ➤ One individual and one team activity. R185 Performance Assessment. Practical Grades assessment. Grades submitted on cohort tracker. Logbooks Completed Practical Lessons: R187: Unit R187: Increasing awareness of Outdoor and Adventurous Activities Classroom lessons:	Unit R185 Performance and Leadership in Sport: Practical Lessons: Rehearsal for Topic Area 4: Leading a sports activity session: <ul style="list-style-type: none"> ➤ 4.1 Organization of a sports activity session ➤ 4.2 Leading a sports activity session Classroom Lessons: Topic Area 3: Planning a sports activity session. <ul style="list-style-type: none"> ➤ 3.1 Organization of a sports activity session. ➤ 3.2 Safety considerations of a sports activity session. ➤ 3.3 Objectives to meet the needs of a group. 	Unit R185 Performance and leadership in Sport: Delivery of topic Area 4: Leading a sports activity session: <ul style="list-style-type: none"> ➤ 4.1 Organization of a sports activity session ➤ 4.2 Leading a sports activity session Classroom Lessons: Topic Area 5: Reviewing your own performance in planning and leading a sports activity session. <ul style="list-style-type: none"> ➤ 5.1 Review your leadership of a sports activity session. 	Unit R185 Performance and Leadership in sport: 48 Guided learning hours By completing this unit, learners will develop knowledge in: Performance <ul style="list-style-type: none"> ➤ Skills, techniques and use of tactics/strategies/compositional ideas in both an individual and a sporting activity ➤ Skills, techniques and use of tactics/strategies/compositional ideas in both an individual and a sporting activity ➤ Understanding of the rules to allow them to act in a number of officiating roles within an activity. ➤ They will also consider the use of different practice methods in order to improve their performance. Leadership <ul style="list-style-type: none"> ➤ Roles and responsibilities associated with sports leadership ➤ understanding and practical skills required to be an effective sport leader ➤ plan, deliver and review safe and effective sporting activity sessions themselves. ➤ They will be encouraged to consider and evaluate their delivery ➤ develop their ability to communicate with an audience verbally and through practical demonstration, ➤ adapting to developing situations and the different needs and abilities of those they are



Long Term Plan – Sport Studies 2025-2026

	<p>submitted on cohort tracker.</p> <p>R187: Unit R187: Increasing awareness of Outdoor and Adventurous Activities</p> <p>Classroom lessons:</p> <p><u>Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK:</u></p> <p>*1.1 The provision available for outdoor and adventurous activities both locally and nationally</p> <p>*Referencing the National Governing Body (NGB) for additional information on approved activity areas, as listed on approved activities list</p> <p>*Outdoor activity organisations (including NGBs)</p>	<p>R187: Unit R187: Increasing awareness of Outdoor and Adventurous Activities</p> <p><u>Topic Area 4: Evaluate participation in an outdoor and adventurous activity</u></p> <p>*4.1 Evaluate participation of outdoor activity</p> <p>*4.2 Evaluate the value of participating in outdoor activities</p> <p>*4.1 Evaluate participation of outdoor activity</p> <p>*4.2 Evaluate the value of participating in outdoor activities</p> <p>*3.4 Demonstrate appropriate skills in outdoor activities</p>	<p>*4.1 Evaluate participation of outdoor activity</p> <p>*4.2 Evaluate the value of participating in outdoor activities</p> <p><u>Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity</u></p> <p>*3.1 Key considerations when planning an outdoor activity in a specified location</p> <p>*3.2 Outdoor activity risk assessment</p> <p>*3.3 Emergency procedures plan</p>	<p><u>Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities</u></p> <p>*2.3 Types of technology that can enhance participation or safety</p> <p>*2.4. Types of terrain and environment</p>	<p>June 2024:</p> <p>Submit R187: OAA</p>		<p>leading.</p> <p>Unit R187: Increasing awareness of Outdoor and Adventurous Activities</p> <p>24 Guided learning hours</p> <p>By completing this unit, learners will develop knowledge in:</p> <p>*What provision is available in outdoor and adventurous activities, both locally and nationally.</p> <p>*National Governing Bodies in OAA</p> <p>*Types of equipment and clothing used for OAA expeditions and participation</p> <p>*Types of technology that can enhance participation or safety</p> <p>*Types of terrain and environment</p> <p>*Key considerations when planning an outdoor activity in a specified location</p> <p>*Outdoor activity risk assessment</p> <p>*Emergency procedures plan</p> <p>*Demonstrate appropriate skills in an outdoor activity</p> <p>*Evaluate participation of outdoor activity and the value of participating</p>
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Long Term Plan – Sport Studies 2025-2026

Year 11	Unit R184 Practical Lessons: Performance in sport, students assessed in a combination of: <ul style="list-style-type: none">➤ Two individual activities➤ Two team activities➤ One individual and one team activity. Classroom lessons: Topic Area 2 – Applying practice methods to support improvement in a sporting activity. <ul style="list-style-type: none">➤ 2.1 Strengths and weaknesses➤ 2.2. Methods to improve performance➤ 2.3. Measuring improvement in performance	Unit R184 Practical Lessons: Performance in sport, students assessed in a combination of: <ul style="list-style-type: none">➤ Two individual activities➤ Two team activities➤ One individual and one team activity. Classroom lessons: Topic Area 2 – Applying practice methods to support improvement in a sporting activity. <ul style="list-style-type: none">➤ 2.1 Strengths and weaknesses➤ 2.2. Methods to improve performance➤ 2.3. Measuring improvement in performance Jan 2025: Submit R185: Performance and Leadership	Unit R184 Classroom lessons: Topic Area 1: Issues which affect participation in sport. <ul style="list-style-type: none">➤ 1.1. User Groups➤ 1.2. Possible Barriers➤ 1.3 Barrier Solutions➤ 1.4 Factors affecting the popularity of sport➤ 1.5 Emerging / New Sports in the UK Topic Area 2: The role of sport in promoting values. <ul style="list-style-type: none">➤ 2.1 Sport Values➤ 2.2. The Olympic and Paralympic movement➤ 2.3 Other initiatives, campaigns and events which promote values. Topic Area 2: Etiquette and sporting behaviour <ul style="list-style-type: none">➤ 2.4 The importance of etiquette and sporting behaviour of performers.➤ 2.5 The use of performance enhancing drugs. R184 Topic Area 1 and 2 Assessment.	Unit R184 Classroom lessons: Topic Area 3: The implications of hosting a major sporting event for a city or country. <ul style="list-style-type: none">➤ 3.1 The features of a major sporting event.➤ 3.2 Positive and negative pre-event aspects of hosting a major sporting event.➤ 3.3 Potential positive and negative aspects of hosting a major sporting event. Topic area 4: National Governing Bodies <ul style="list-style-type: none">➤ 4.1 National Governing Bodies Topic Area 5: The use of technology <ul style="list-style-type: none">➤ 5.1 The role of technology in sport.➤ 5.2 Positive and negative effects of the use of technology in sport. R184 Topic Area 1, 2, 3, 4 and 5 Assessment. June 2025: Submit names for R184: Contemporary Issues Terminal Assessment			Unit R184: Contemporary Issues in Sport 48 Guided learning hours By completing this unit, learners will develop knowledge of: <ul style="list-style-type: none">➤ participation levels, barriers and solutions related to different user groups➤ the promotion of values and ethical behaviour through sport.➤ the role of high-profile sporting events and the legacy they provide.➤ national governing bodies in advancing sports' attempts to positively impact upon society and showcase their worth beyond providing entertainment.➤ The use of technology in sport, positives and negatives of technology in sport.



Long Term Plan – Sport Studies 2025-2026

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Curriculum Intent

Year 10	Year 11
<p>Throughout Year 10 students will undertake a learning journey through the completion of units R185 & R186.</p> <p>Through undertaking unit R185, as part of this learning journey students will be able to demonstrate performance in an individually assessed sport, demonstrate performance in a team assessed sport, demonstrate knowledge of rules of a sport and perform as an official, demonstrate knowledge of sports analysis, being able to identify methods to improve and monitor performance. Through undertaking unit R185 (Sports Leadership) as part of their learning journey, students will know the different roles & responsibilities of a sports leader, know how to plan a sports lesson & the component of a sports lesson, know how to identify risks in sport & undertake a risk assessment, know how to lead a sports session to a group of peers & younger students and know how to evaluate their own performance as a leader & identify ways to improve.</p> <p>Through undertaking the unit R186, students will develop knowledge of the different media sources and how they cover sport. Examples include social media, print media and the broadcast media. The positive relationship between media and the sport & a range of negative effects associated with the media and sport, this includes examples such as effects on participation, raising the profile in sport & education. Students will also learn about the negative impacts of the media on sport such as ethical issues with sponsorship, reduction in spectatorship & coverage of inappropriate behaviour.</p>	<p>By the end of Year 11 students will have completed units R184. Through the completion of these units students will know:</p> <p>Through undertaking unit R184 (Contemporary Issues in sport) as part of their learning journey, students will develop knowledge of participation levels, barriers and solutions related to different user groups, the promotion of values and ethical behaviour through sport. The role of high-profile sporting events and the legacy they provide. National governing bodies in advancing sports' attempts to positively impact upon society and showcase their worth beyond providing entertainment. A range of outdoor activities that are available in the UK.</p>

