|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | |
|  | **Half term points** | | | | | |
|  | | | | | |
| **AUTUMN 1** | **AUTUMN 2** | **SPRING 1** | **SPRING 2** | **SUMMER 1** | **SUMMER 2** |
| **CO1: Learning Outcome A: Explore types and provision of sport and physical activity for different types of participant**  **Mini assessment:** Produce a written response whereby you choose two physical activities which would be appropriate for the individual in the case study to participate in. You must justify your chosen physical activities in line with the participants needs, explain the advantages and disadvantages of the provision for your chosen physical activities and examine the potential barriers to participation in your chosen physical activities for the selected participant. | **CO1: Learning Outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity**  **Mini assessment:** Produce a presentation about the types of equipment and technology that the selected participant would need to participate in one physical activity of your choice. You must justify your choices of the different types of sport clothing and equipment required, the use of the different types of technology available for your participant and examine the benefits and limitations of using this technology in your chosen sport. | **CO1: Learning Outcome C: Be able to prepare participants to take part in physical activity**  **Mini assessment:**  Produce a written response of a plan for a warm up for your client to prepare them for participation in your chosen physical activity giving reasons for your choices of activities for each component of the warm up.  You will then need to provide video evidence of you demonstrating that you are able to deliver your planned warm up to the participants. | **CO2: Learning Outcome A: Understand how different components of fitness are used in different physical activities**  **Mini assessment:**  Produce a written response that will enable young people to understand what each of the different components of fitness are, their use in a team sport and the impact they have on performance in that sport. | **CO2: Learning Outcome B: Be able to participate in sport and understand the roles and responsibilities of officials**  **Mini assessment:**  Produce a series of video clips that will demonstrate sports skills for your selected sport being demonstrated in isolated practices and sports skills and strategies being demonstrated in competitive situations  **Mini assessment:**  Produce a presentation to assist the young people in understanding the different roles and responsibilities of the officials for your selected sport. You will need to include an account of the different roles and responsibilities of officials in your selected sport, the rules and regulations and the actions the officials would be expected to take to ensure the rules associated with number of players and scoring are adhered to when taking part in your selected sport. | **CO3: Learning Outcome C: Demonstrate ways to improve participants sporting techniques**  **Mini assessment:**  Provide practical support to help the participants learn how to improve one sporting skill of your choice from the selected sport. You will need to produce a written response of a plan for a drill and conditioned practice for one sporting skill of your choice. You will also need to provide video evidence of you demonstrating that you are able to deliver demonstrations of the techniques to the participants and support them as they part in your planned drills and conditioned practices. |
| **Key skills and knowledge assessed:**   * Types and providers of sport and physical activities * Types and needs of sport and physical activity participants * Barriers to participation in sport and physical activity for different types of participant * Methods to address barriers to participation in sport and physical activity for different types of participant | **Key skills and knowledge assessed:**   * Different types of sports clothing and equipment required for participation in sport and physical activity * Different types of technology and their benefits to improve sport and physical activity participation and performance * The limitations of using technology in sport and physical activity | **Key skills and knowledge assessed:**   * Planning a warm up * Adapting a warm up for different categories of participants and different types of physical activities * Delivering a warm up to prepare participants for physical activity | **Key skills and knowledge assessed:**   * Components of physical fitness * Components of skill related fitness | **Key skills and knowledge assessed:**   * Techniques, strategies and fitness required for different sports * Officials in sport * Rules and regulations in sports | **Key skills and knowledge assessed:**   * Planning drills and conditioned practices to develop participants sporting skills * Drills to improve sporting performance |
| **Meaningful homework:**  Research a long term health condition (asthma, type 2 diabetes, high blood pressure or coronary heart disease) and how this effects their different physical, social and mental health needs. This should be evidenced as a presentation. | **Meaningful homework:**  Investigate the benefits of a selected piece of technology (clothing to increase performance, footwear, sport specific equipment, protection and safety equipment, equipment for people with disabilities, facilities, officiating and performance analysis) and how it positively impacts upon a sport of your choice. | **Meaningful homeworks:**  Plan and practice a warm up that is appropriate for a specific sport / physical activity including equipment, organisation of participants, timing, types of activities and teaching points. | **Meaningful homeworks:**  Analyse 5 different sports and physical activities such as power weightlifter, 50m sprint swimmer, gymnastics, badminton etc. Select one of the components of skill-related fitness that is mainly required to perform well in each sport or physical activity giving reasons why and where the component is important. | **Meaningful homeworks:**  Research the roles and responsibilities of an official in a sport of your choice including a description of the rules that they have to enforce and the actions that they are expected to take to ensure that the rules and scoring are adhered to during participation within that sport. | **Meaningful homeworks:**  Research the correct application of each skill/technique within football or netball and the correct application of each within competitive situations |