

Curriculum Overview

Subject: Cambridge National Sports Studies

Year Group: 10

CHASE HIGH
Aspirations, Character & Excellence



Students are introduced to three individual and two team sports. Skills and tactics are developed in line with activity criteria and assessed after unit. Officiating skills for table tennis and team and individual activities are introduced, developed and assessed. Leadership skills are introduced, developed and assessed for the more able. Outdoor education practical activities are delivered and assessed. LO1-LO4 is delivered and assessed.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS L1-Practical- Team sport, Basketball, Football L2-Practical- Individual sport, Table Tennis (1st half term) L2 Practical- Team sport- Netball (2nd half term) L3-Practical- Officiating (1st half term) L3 Practical- Coursework (2nd half term)</p>	<p>KNOWLEDGE/SKILLS L1-Practical- Team sport, Handball (1st half term) L1 Practical- Individual sports, Athletics (2nd half term) L2 Practical- Coursework (1st half term) L2 Contemporary Studies (2nd half term) L3 Contemporary Studies</p>	<p>KNOWLEDGE/SKILLS L1- Practical Individual sport, Athletics, (2 weeks) L2- Theory (3 weeks) Exam middle of third of ST L3- Theory (3 weeks) After exam <u>Outdoor Education</u> L1-Practical- Orienteering L2-Practical- Mountain Biking L3- LO1-LO4</p>
<p>KEY ASSESSMENTS Half term 1: Peer, self and teacher assessment of team sports and officiating. Half term 2: Self and teacher assessment of Netball and practical coursework.</p>	<p>KEY ASSESSMENTS Half term 1: Peer, self and teacher assessment of Handball and coursework. Ongoing unit assessments for Contemporary studies. Half term 2: Peer, self and teacher assessment of Athletics. Full paper Mock Contemporary exam.</p>	<p>KEY ASSESSMENTS Half term 1: Full paper exam second week. Third week final exam. LO1 teacher assessed. Moderator assessment of pupil practical CW and teacher witness statements. Half term 2: Mountain Biking assessment at Hadleigh Country Bike Park. LO2-4 teacher assessment.</p>

Extended reading suggestions and external resources:

Fun warm ups

<https://www.youtube.com/watch?v=FK7DVEXw6XA&list=PLazFewFrKf1ZOImeZIOr6ZbgPUA9eztEq>

<https://www.youtube.com/watch?v=gAsYLeVhc5M>

<https://www.youtube.com/watch?v=IPeWxni1D88>

<https://www.youtube.com/watch?v=Tnl0BjRNAAA>

<https://www.youtube.com/watch?v=wU0ZgIVROH8>

<https://www.youtube.com/watch?v=G3tkNiWCCsA>

<https://www.youtube.com/watch?v=w7Vj79izroY>

Static and dynamic stretches

<https://www.youtube.com/watch?v=ij57OFjvwpk>

<https://www.youtube.com/watch?v=HDfvWrGUKC8>

https://www.youtube.com/watch?v=-xpVM_uRI3I

https://www.youtube.com/watch?v=aW_JqSK-CqY

Coursework criteria, assessment templates and examples are available throughout the course