

# Sports studies

## Outdoor and Adventurous activities



**YEAR  
10**

*Learning about 3 different  
Outdoor Activities*



*Learning about equipment, safety and taking part  
in 3 different Outdoor Activities*



*Affects on sport  
participation*

*Planning and  
participating in  
an outdoor  
activity*



### Performance and leadership in sports activities

*Evaluating performance  
in an Outdoor Activity*



*Leading a sports  
activity*



*Planning and organising  
a sports activity  
session*



Core PE – Practical performance.



#### **Skills Learnt:**

- Team building
- Tactical thinking
- Strategies
- Communication
- Problem solving
- Analytical ability

*Reviewing performance  
in leading*



*Key components of  
performance*



*Applying practice to  
improve*



**YEAR  
11**



**YEAR 11**

*Applying practice to improve*

**Practical**



**Examined Component**

*Factors Affecting performance*



# Sport studies

*Curriculum Outline*

*Role of sport in promoting values*



*Implication of hosting a major sporting event*



*Roles of National Governing bodies*



*Use of technology in sport.*



**Key Stage 5**

**Skills Learnt:**

- Target setting
- Evaluating
- Data analysis
- Exam technique