



Year 10 Cambridge National Sport Studies Award Curriculum Map

Overview	<p>The Cambridge National Sport Studies award provides an engaging and relevant introduction to the world of sport. Students will understand the ever-changing aspects of the sporting industry, such as contemporary issues in sport, performance and leadership in sports activities and sport and the media. In year 10 students will complete unit R186 non-examined assessment which focuses on the different types of media and the positive and negative impact it has. The students are assessed through written assignments and tasks.</p> <p>Students' knowledge and application of sports performance will then be observed when they complete a range of written and practical activities when completing unit R185 and leadership assignments. Students' will apply their knowledge through a range of innovative methods that are practical based alongside written session plans, evaluations, justifications and risk assessment.</p>	
Year 10 Cambridge National Sport Studies	Autumn – Spring 1	Spring 2 – Summer 2
Topic	Unit R186 – Sport and the media	Unit R185 – Performance and Leadership in sports activities
Knowledge	Sources of media that cover sport, positive and negative effects of the media and the impact the media is having on sport.	Key components of performance, methods to improve and measure performance, how to organise, plan and lead a sporting activity session and analyse the strength and weaknesses of your own performance and leadership skills.
Skills	Demonstrate critical understanding, discussing the impact in relation to a sports club.	Demonstrate knowledge, analyse, apply and evaluate concepts to sport and physical activity.
Assessment	<p>Task 1 – written report demonstrating understanding of the different media sources and how they could most benefit a sporting club.</p> <p>Task 2 – discuss the positive impact the media has on sport.</p> <p>Task 3 – discuss the negative impact the media has on sport.</p> <p>30% of Cambridge National</p>	<p>Task 1 – demonstrate key components of performance in two team or individual sports.</p> <p>Task 2 – written self-analysis of performance.</p> <p>Task 3 – create a session plan that takes into consideration safety aspects as well for a sporting activity you will lead.</p> <p>Task 4 – implement your session plan and observation record is formed.</p> <p>Task 5 – evaluate your planned activity.</p> <p>30% of Cambridge National</p>