Scheme of Learning: Developing Sports Skills

Key Stage: KS4	YEAR: 10-11	DURATION: 32 weeks

AIM:

By completing this unit, learners will develop their skills, techniques and use of tactics/strategies/ compositional ideas in both an individual and a team sporting activity, as well as their 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. The unit builds upon the core themes of the National Curriculum for Physical Education in Key Stages 3 and 4 and offers learners the opportunity to refine and showcase skills developed as part of that programme of study.

Prior learning:	Resources
• Students will have experienced a range of sports through their Ks3 curriculum that enables them to access sport and physical activity from a participation	• Power point to accompany each lesson • Saved in Staff shared drive
Assessment	**Enrichment opportunities:**
• Internal assessment will see students get a preliminary grade for each sport/topic as its completed. • Student achievement in this unit is to be supplemented by witness statements in an individual and team sport. •	• Extra-curricular • Volunteering opportunities

Lesson	Learning Intention	Learning activities	Homework
On going	**LO1-** Be able to use skills, techniques and tactics/strategies / compositional ideas as an individual performer in a sporting activity **LO2-** Be able to use skills, techniques and tactics/strategies / compositional ideas as a team performer in sporting activity	Over the 2 years the course is completed students will have the opportunity to participate in a number of sports that allow them to demonstrate the ability to achieve LO1 and LO2. Students will also be encouraged to participate in sport outside of the curriculum and those students that participate in sports not covered by The academy of St Nicholas will be encouraged to record training sessions and performances that could show their sporting ability and contribute towards LO1 or LO2.	
On Going	**LO3-** Be able to officiate in a sporting activity	Over the 2 years the course is completed students will have the opportunity to participate in a number of sports that allow them to demonstrate the ability to achieve LO3. Within these sports student will be taught rules and regulations and told how to apply them so that they can achieve LO3 criteria. In situations where students have completed an official/referee course their certificate and witness statement will form the evidence base.	
1-3	**LO4-** Be able to apply practice methods to support improvement in a sporting activity	**How to identify areas of improvement in their own performance in a sporting activity, i.e**. o what are the key skills in the activity? o which key skills are strengths? o which key skills are weaknesses?	**What are the key aspects of your sport?** **What are your strengths in this sport?** **What are your areas for improvement?**

4	**LO4-** Be able to apply practice methods to support improvement in a sporting activity	**Types of skills, i.e.** o simple skill (e.g. transferable between a number of sports such as running) o complex skill (e.g. tend to be specific to a sport (non-transferable) such as a tennis serve) o open skill (e.g. adaptable depending on the environment such as a pass in football) o closed skill (e.g. performed in a stable environment such as a free throw in basketball)	**Classify the skills in one of your sports that you are being assessed in.**
5	**LO4-** Be able to apply practice methods to support improvement in a sporting activity	• **Types of practice, i.e.** o whole i.e. the whole skill is performed at once (e.g. a triple jump) o part i.e. the skill is broken down into parts which are practised separately (e.g. just the 'hop' phase in the triple jump) o variable i.e. the skill is practised in the range of different situations that could be experienced in a performance o fixed i.e. a specific skill or technique is repeatedly practised in the same way	
6	**LO4-** Be able to apply practice methods to support improvement in a sporting activity	• **Methods to improve own performance, i.e.** o different types of practice o altering context of performance (e.g. playing with and against better players can improve performance) o use of tools to aid evaluation (e.g. match analysis, video analysis, etc.)	
7	**LO4-** Be able to apply practice methods to support improvement in a sporting activity	• **How to measure improvement in skills, techniques and strategies developed, i.e.** o completion of proficiency awards o keeping individual logs of performance o keeping video diaries o peer observation o monitoring competition results over time	
8-15	**LO4**	**Coursework completion.**	