









Year 9 Physical Education Sport Studies Curriculum



Term	Curriculum content
Michaelmas 1 	<p>Introduction to Sport Studies: R185: Performance and Leadership in sports activities.</p> <p>Task 1—R185: Key components of performance</p> <p>Practically teach 2 sports (team and individual) - students must keep a log of these lessons.</p> <p>Teachers will also write up an observation of the students performance.</p> <ul style="list-style-type: none"> Students play their second chosen sport. Focusing on techniques, tactics, strategies and overall performance. Decision-making during performance.
Michaelmas 2 	<p>Continuation Task 1—R185: Key components of performance</p> <p>Practically teach 2 sports (team and individual) - students must keep a log of these lessons.</p> <p>Teachers will also write up an observation of the students performance.</p> <ul style="list-style-type: none"> Students play their second chosen sport. Focusing on techniques, tactics, strategies and overall performance. Decision-making during performance. Managing and maintaining performance in individual activities
Lent 1 	<p>Introduction to task 2—R185: Applying practice methods to support improvement in a sporting activity.</p> <ul style="list-style-type: none"> To identify the strengths and weaknesses of skills in one of your selected activities. Review skills performance Suggest realistic ways to improve two skills in one of your selected activities
Lent 2 	<p>Continuation Task 2—R185: Applying practice methods to support improvement in a sporting activity.</p> <ul style="list-style-type: none"> To identify the strengths and weaknesses of skills in one of your selected activities. Review skills performance Suggest realistic ways to improve two skills in one of your selected activities
Trinity 1 	<p>Introduction to Task 3—R185 : Organising and planning a sports session</p> <ul style="list-style-type: none"> Organization of a sports activity session Safety considerations when planning a sports activity session Objectives to meet the needs of the group
Trinity 2 	<p>Introduction to Task 4—R185: Leading a sports activity session</p> <ul style="list-style-type: none"> Organisation of a sports activity session Leading a sports activity session Introduction to R187: Outdoor Adventurous Activities