

Year 11 Curriculum Grid

CNAT Sports Studies

Term	Unit of work	Intent
Autumn: Learning Outcome 1/ LO1	Know the personal qualities, styles, roles, and responsibilities associated with effective sports leadership	What a leader is, what leadership is
		Types of leaders and their role description (captain/manager/teachers/coaches/expedition leader/role models)
		Practical lesson-good and bad examples of leadership qualities and responsibilities (hazards/leadership styles)
		Role-related responsibilities (knowledge and enthusiasm for activity)
		Role-related responsibilities (knowledge of safety, CP issues, basic first aid)
		Personal qualities that related to leadership roles
		Leadership styles (democratic/autocratic/laissez-faire)
Winter: Learning Outcome 2/ LO2	Be able to plan sports activity sessions	Key considerations when planning sports activity sessions (objectives/venue/equipment/supervision/timing)
		Key considerations when planning sports activity sessions (introduction & conclusion/ warm-up & cool-down/ skills & technique development /engagement)
		Safety considerations when planning sports activity sessions (risk assessments/ emergency procedures)
Winter: Learning Outcome 3/ LO3	Be able to deliver sports activity sessions	Safe practice (organisation of group/activity, safe supervision)
		Delivery style, motivation techniques, activity-specific knowledge/adaptability
		Complete lesson plan and risk assessment for their session
		Practical sessions
Spring: Learning Outcome 4/ LO4	Be able to evaluate own performance in delivering a sports activity session	Key aspects to consider in evaluating planning and delivery of a sports activity session
		The objectives/the plan/the activities/the motivation
		The organisation equipment/ communication/positioning/safety
		Students to complete evaluation of session

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