

Year 10 Curriculum Grid

CNAT Sports Studies

Term	Unit of work	Intent
Autumn: Learning Outcome 1/ LO1	Know about the different types of outdoor activities and their provision	Understand the definition of outdoor activity
		Examples of outdoor activities
		Provision of outdoor activities in the UK
Winter: Learning Outcome 2/ LO2	Understand the value of participating in outdoor activities	What are the general benefits of participating in outdoor activities
		How participating in outdoor activities can help skills development
Winter: Learning Outcome 3/ LO3	Be able to plan an outdoor activity	Understand the key considerations to make when planning an outdoor activity
		Hazards to be aware of when planning outdoor activities
Spring: Learning Outcome 4/ LO4	Be able to demonstrate knowledge and skills during outdoor activities	Understand the care and use of equipment
		Understand safe practice
		Understand communication skills
		Understand decision-making skills
		Understand team-working skills
		Understand problem-solving skills
Summer	Revision in preparation for summer assessment in May/June	Recapping topics