

Year 11 Curriculum Grid

CNAT Sports Studies

Term	Unit of work	Intent
Autumn: Learning Outcome 1/ LO1	Be able to use skills, techniques, and tactics /strategies/compositional ideas as an individual performer	Introduction to assignment, criteria and looking at strengths and weaknesses of performers - Skill and technical performance
		Know and understand the terms, individual sport, skill, and technique. Understand creativity
		Appropriate use of tactics/strategies/compositional ideas. Decision making during performance
		Ability to manage and maintain own performance. Arousal, optimal level of arousal, mental rehearsal
Winter: Learning Outcome 2/ LO2	Be able to use skills, techniques, and tactics/ strategies/compositional ideas as a team performer	Performance of skills and techniques and creativity
		Appropriate use of tactics/strategies/compositional ideas. Decision making during performance
		Awareness of role within/contribution to the team
Winter: Learning Outcome 3/ LO3	Be able to officiate in a sporting activity	How to apply rules and regulations relevant to the activity
		The importance of consistency and accuracy
		The use of signals, how to communicate decisions
		The importance of positioning
Spring: Learning Outcome 4/ LO4	Be able to apply practice methods to support improvement in a sporting activity	How to identify areas of improvement in own performance in a sporting activity
		Types of skills (simple/complex/open/closed)
		Types of practice (whole/part/variable/fixed)
		Methods to improve own performance
		How to measure improvement in skills, techniques and strategies developed