

YEAR 10 LONG TERM PLAN (2022-2023)
Unit 187 - OAA & Unit 185 - Performance and Leadership in Sport



	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Topic	Unit 187: Increasing awareness of Outdoor and Adventurous Activities	Unit 187: Increasing awareness of Outdoor and Adventurous Activities	Unit 185: Performance and leadership in sports activities	Unit 185: Performance and leadership in sports activities	Unit 185: Performance and leadership in sports activities	Unit 185: Performance and leadership in sports activities
	7 WEEKS	7 WEEKS	6 WEEKS	6 WEEKS	6 WEEKS	7 WEEKS
Assessment objective link	R187: Topic area 1 - Provision for different types of OAA in UK Topic area 2 - Equipment, clothing and safety aspects of participating in OAA.	R187: Topic area 3 - Plan for and be able to participate in OAA. Topic area 4 - Evaluate participation in an OAA.	R185: Topic area 1 - Key components of performance Topic area 2 - Applying practice methods to support improvement in a sporting activity	R185: Topic area 2 - Applying practice methods to support improvement in a sporting activity	R185 Topic area 3 - Organising and planning a sports activity session	R185 Topic area 4 - Leading a sports activity session Topic area 5 - Reviewing your own performance in planning and leading a sports activity session
Literacy Skills	<ol style="list-style-type: none"> Outdoor Adventurous Activities Provision National Governing Body National SPoRTs Centre Voluntary 	<ol style="list-style-type: none"> Personnel Licensing Supplies Contingency Emergency procedures Decision-making Teamwork Mental, Physical 	<ol style="list-style-type: none"> Skills (specific to sports) Techniques Tactics Strategies Creativity Decision-making Maintaining performance 	<ol style="list-style-type: none"> Review Progressive practices Types of practice (whole, part, fixed, variable) Video analysis Assistive technology 	<ol style="list-style-type: none"> Contingency plan Supervision Risk assessment Corrective action Lesson Objectives Differentiation Demonstration 	<ol style="list-style-type: none"> Safe Practice Delivery style Demonstration Motivation Adaptability Evaluate Planning Delivery Effective

	6. Recreation 7. Specialist equipment 8. Terrain (& examples)		8. Contribution	6. Completion results	8. Modified Game 9. Organisation	10. Motivated 11. Appropriate 12. Improved 13. Strengths 14. Negatives 15. Considerations
Car eers Link	<ul style="list-style-type: none"> Teaching Outdoor activities instructor Activity centre manager 	<ul style="list-style-type: none"> Teaching Outdoor activities instructor Activity centre manager 	<ul style="list-style-type: none"> Performance analysis Coaching Sport industry careers Teaching 	<ul style="list-style-type: none"> Performance analysis Coaching Sport industry careers Teaching 	<ul style="list-style-type: none"> Coaching Sport industry careers Teaching 	<ul style="list-style-type: none"> Coaching Sport industry careers Teaching
PSH E	<ul style="list-style-type: none"> Valuing where they live. British Values Working with people with different beliefs/cultures than them 	<ul style="list-style-type: none"> Valuing where they live. British Values Working with people with different beliefs/cultures than them 	<ul style="list-style-type: none"> Relationships Sporting values 	<ul style="list-style-type: none"> Relationships Sporting values 	<ul style="list-style-type: none"> Relationships Sporting values 	<ul style="list-style-type: none"> Relationships Sporting values

Home work	Ongoing EPP. Expectation of work to be developed in their own time.	Ongoing EPP. Expectation of work to be developed in their own time.	Attend Extra-curricular club/out of school sessions to develop their skills and understanding in both team and individual sport.	An expectation to develop their project in their own time.	An expectation to develop their lesson plan in their own time. Attend extra-curricular activities both at school and external to develop ideas around activity planning and delivery.	An expectation to develop their evaluation in their own time.
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YEAR 10 LONG TERM PLAN



	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Topic	<p>R187 Topic area 1 - Provision for different types of OAA in UK 1.1.1 - Provision available 1.1.2 - OAA organisations</p> <p>Topic area 2 - Equipment, clothing and safety aspects of participating in OAA 2.1 - Types of equipment 2.2 - Types of clothing 2.3 - Types of technology</p> <p>Topic area 3: Participate in an OAA.</p>	<p>R187 Topic area 3: Plan for an OAA. Topic area 4: Evaluate participation in an OAA.</p>	<p>R185 Topic area 1 - Key components of performance Topic area 2 - Applying practice methods to support improvement in a sporting activity</p>	<p>R185 Topic area 2 - Applying practice methods to support improvement in a sporting activity</p>	<p>R185 Topic area 3 - Organising and planning a sports activity session</p>	<p>R185 Topic area 4 - Leading a sports activity session Topic area 5 - Reviewing your own performance in planning and leading a sports activity session</p>

	Topic area 4: Evaluate participation in an OAA.					
	7 WEEKS	7 WEEKS	6 WEEKS	6 WEEKS	6 WEEKS	7 WEEKS
We ek 1	Introduction & expectations lesson. Research different types of outdoor activity and the provisions available - watersports, trekking and camping.	TA 4 - Evaluate their participation in an OAA they took part in at Dynamic Adventures.	Topic area 1 - Key components of performance 1 - team 1 - individual 1- identifying drills to improve and working on TA 2 to inform next lesson (planning for weaknesses) Collapsed groups based on sport choice.	Topic area 2 - Applying practice methods to support improvement in a sport	Topic area 3 - Developing leadership skills.	Topic area 3 - Organising and planning a sports/activity session Topic area 3 - EPP Due
We ek 2	Research different types of outdoor activity and the provisions available- Climbing, caving, cycling.	TA 3 - Plan for an OAA. For an activity of their choice (Dynamic Adventures/orienteering). Students to plan an activity. Content 3.1-3.3.	Topic area 1 - Key components of performance 1 - team 1 - individual 1- identifying drills to improve and working on TA 2 to inform next lesson. (types of practice and methods to improve) Collapsed groups based on sport choice.	Topic area 2 - Applying practice methods to support improvement in a sport	Topic area 3 - Developing leadership skills.	Topic area 4 - Leading a sports activity session.

<p>We ek 3</p>	<p>Research different types of outdoor activity and the provisions available- Snow sports, gliding, other land based.</p> <p>Task 1 - EPP due.</p>	<p>TA 3 - Plan for an OAA.</p> <p>For an activity of their choice (Dynamic Adventures/orienteering). Students to plan an activity. Content 3.1-3.3.</p>	<p>Topic area 1 - Key components of performance</p> <p>1 - team 1 - individual 1- identifying drills to improve and working on TA 2 to inform next lesson. (types of practice and methods to improve) Collapsed groups based on sport choice.</p>	<p>Topic area 2 - Applying practice methods to support improvement in a sport</p>	<p>Topic area 3 - Organising and planning a sports/activity session</p>	<p>Topic area 4 - Leading a sports activity session.</p> <p>Topic area 4 - Delivery completed</p>
<p>We ek 4</p>	<p>Research the equipment, clothing, technology and terrain for activities discussed in task 1.</p>	<p>TA 3 - Plan for an OAA.</p> <p>For an activity of their choice (Dynamic Adventures/orienteering). Students to plan an activity. Content 3.1-3.3</p>	<p>Topic area 1 - Key components of performance</p> <p>1 - team 1 - individual 1- identifying drills to improve and working on TA 2 to inform next lesson. (Measuring improvement) Collapsed groups based on sport choice.</p>	<p>Topic area 2 - Applying practice methods to support improvement in a sport</p>	<p>Topic area 3 - Organising and planning a sports/activity session</p>	<p>Topic Area 5 - Reviewing your own performance in planning.</p>
<p>We ek 5</p>	<p>Research the equipment, clothing, technology and terrain for activities discussed in task 1.</p>	<p>Additional mop up week.</p> <p>Unit R187 due.</p>	<p>Topic area 1 - Key components of performance</p> <p>1 - team 1 - individual 1- identifying drills to improve and working on TA 2 to inform next</p>	<p>Topic area 2 - Applying practice methods to support improvement in a sport</p> <p>Topic Area 2 - EPP due</p>	<p>Topic area 3 - Organising and planning a sports/activity session</p>	<p>Topic Area 5 - Reviewing your own performance in planning.</p>

			<p>lesson. (Measuring improvement) Collapsed groups based on sport choice.</p>			
<p>We ek 6</p>	<p>Research the equipment, clothing, technology and terrain for activities discussed in task 1. Task 2 - EPP due.</p> <p>Practical trip - Dynamic adventures *TBC EGN to plan. Complete logbook.</p>	<p>Unit R185 - Performance and Leadership</p> <p>Topic area 1 - Key components of performance</p> <p>1 - team 1 - individual 1- identifying drills to improve and working on TA 2 to inform next lesson. Collapsed groups based on sport choice.</p>	<p>Topic area 1 - Key components of performance</p> <p>1 - team 1 - individual 1- identifying drills to improve and working on TA 2 to inform next lesson. Collapsed groups based on sport choice.</p> <p>Practical grades confirmed on tracker.</p>	<p>Topic area 3 - Developing leadership skills.</p>	<p>Topic area 3 - Organising and planning a sports/activity session</p> <p>Topic area 3 - EPP Due</p>	<p>Topic Area 5 - Reviewing your own performance in leading.</p>
<p>We ek 7</p>	<p>TA 4 - Evaluation Complete logbook to support evaluation. Evaluate their participation in an OAA they took part in at Dynamic Adventures.</p>	<p>Topic area 1 - Key components of performance</p> <p>1 - team 1 - individual 1- identifying drills to improve and working on Topic Area 2 to inform next lesson. Collapsed groups based on sport choice.</p>				<p>Topic Area 5 - Reviewing your own performance in leading.</p> <p>Topic Area 5 - EPP due</p> <p>R185 - complete</p>

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