

YEAR 11 LONG TERM PLAN (2022-2023)
R056 Outdoor Adventurous Activities and R052 Developing Sports Skills



	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Topic	R056 - Understand the value of participating in outdoor activities	R056 - Developing knowledge and skills in outdoor activities	R052- LO1 - Skills, techniques and tactics for an individual sport. LO2 - Team sport. LO3 - Officiating. LO4 - Improving sport performance project	R052- LO4 - Improving sport performance project		
	7 WEEKS	7 WEEKS	6 WEEKS	6 WEEKS		
EP P	Presentation on understanding the values of participating in outdoor activities Demonstrating knowledge and skills during outdoor activities	Presentation on types of outdoor activities and their provision Demonstrating knowledge and skills during outdoor activities	LO1- Assessment of practical skills in an individual sport. LO2 - Assessment of practical skills in an individual sport. LO3 - assessment of officiating skills and logbook.	LO4 - Improving sport performance project.		
Assessment object	<u>R056 Learning Outcome 2:</u> Understand the value of participating in outdoor activities	<u>R056 Learning Outcome 1:</u> Know about different types of outdoor activities and their provision	<u>R052 Learning Outcome 1:</u> Use skills, techniques and tactics/strategies as an individual performer in a sporting activity.	<u>R052 Learning Outcome 4:</u> Be able to apply practice methods to support improvement in a sporting activity		

ective link	<u>R056 Learning Outcome 4:</u> Demonstrating Skills in Outdoor Activities	<u>R056 Learning Outcome 4:</u> Demonstrating Skills in Outdoor Activities	<u>R052 Learning Outcome 2:</u> Use skills, techniques and tactics/strategies as a team performer in a sporting activity. <u>R052 Learning Outcome 3:</u> Be able to officiate in a sporting activity.			
Literacy	<u>LO2</u> <ol style="list-style-type: none"> 1. Confidence 2. Challenge 3. Environmental awareness 4. Motivation 5. Socialise 6. Value 7. Social skills 8. Team-building 9. Problem-solving <u>LO4</u> <ol style="list-style-type: none"> 1. Activity-specific equipment 2. Storage 3. Safe practice 4. Emergency procedures 	<u>LO1</u> <ol style="list-style-type: none"> 1. Rural 2. Urban 3. Outdoor Adventurous Activities 4. Trekking 5. Land-based activities 6. Provision 7. Providers 8. National Sports Centres 9. Voluntary Organisations 10. Recreation <u>LO4</u> <ol style="list-style-type: none"> 1. Activity-specific equipment 2. Storage 3. Safe practice 	<u>LO1 & 2</u> <ol style="list-style-type: none"> 1. Skills 2. Techniques 3. Tactics 4. Strategies 5. Outwit 6. Anticipate 7. Application 8. Creativity 9. Decision-making 10. Composure <u>LO3</u> <ol style="list-style-type: none"> 1. Rules 2. Regulations 3. NGB 4. Consistency 5. Accuracy 6. Signals 7. Communication 8. Positioning 	<u>LO4</u> <ol style="list-style-type: none"> 1. Simple 2. Complex 3. Open 4. Closed 5. Types of practice (whole, part, variable, fixed) 6. Analysis 7. Proficiency awards 8. Peer observation 9. Completion results 	10.	

	<ol style="list-style-type: none"> 5. Communication (Verbal/non-verbal) 6. Decision-making 7. Team-work 8. Prioritise 9. Resolve 	<ol style="list-style-type: none"> 4. Emergency procedures 5. Communication (Verbal/non-verbal) 6. Decision-making 7. Team-work 8. Prioritise 9. Resolve 				
Carers 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"> ● Sports Coaching ● Sports Analyst ● Teaching ● Sports performer 	<ul style="list-style-type: none"> ● Sports Coaching ● Sports Analyst ● Teaching ● Sports performer 		
PS HE	<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"> ● Understanding the benefits of a healthy active life. ● Working well as a team ● Relationships 	<ul style="list-style-type: none"> ● Understanding the benefits of a healthy active life. ● Working well as a team ● Relationships 		

Homework	An expectation to develop their presentation in their own time.	An expectation to develop their presentation in their own time..	Attendance to extra-curricular clubs and own sports clubs.	Attendance to extra-curricular clubs and own sports clubs.		
	Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Topic	R056 - LO2 - Understand the value of participating in outdoor activities R056 - LO4 Demonstrate knowledge and skills in Outdoor Activities	R056 - LO3 - Be able to plan an outdoor activity	R052- LO1 - Skills, techniques and tactics for an individual sport. LO2 - Team sport. LO3 - Officiating. LO4 - Improving sport performance project	R052- LO4 - Improving sport performance project		R052
	7 WEEKS	7 WEEKS	6 WEEKS	6 WEEKS	7 weeks	7 WEEKS

<p>Week 1</p>	<ul style="list-style-type: none"> ● General benefits of participating : - Increased confidence - Enjoyment and challenge <p><i>Practical - Mountain biking</i></p> <p>EPP - Presentation on value of participating in outdoor activities (ongoing throughout)</p>	<ul style="list-style-type: none"> - Considerations to make when planning an Outdoor Activity: - Health and safety: suitability to the group & potential risks 	<ul style="list-style-type: none"> - Practical session Individual sports. - Officiating logbook for those completing officiating for individual based sports (badminton/table tennis) - EPP - LO1- assessment of practical skills in an individual sport. - EPP - LO3 - assessment of officiating skills and logbook. 	<p>Types of practice (practical based on the student's identified weaknesses)</p> <ul style="list-style-type: none"> - Whole - Part - Variable - Fixed <p>EPP - LO4 - Improving sport performance project.</p>	<p>-</p>	<p>-</p>
<p>Week 2</p>	<ul style="list-style-type: none"> ● General benefits of participating : ● Improved health and fitness ● Greater environmental awareness ● <i>Practical - Orienteering/trekking around the site/offsite (Saltram / Central Park)</i> 	<p>Considerations to make when planning an Outdoor Activity:</p> <ul style="list-style-type: none"> - Location - Personnel - Adventure Activities Licensing Authority 	<ul style="list-style-type: none"> - Practical session Individual sports. - Officiating logbook for those completing officiating for individual based sports (badminton/table tennis) - EPP - LO1- assessment of practical skills in an individual sport. 	<p>Methods to improve own performance:</p> <ul style="list-style-type: none"> - Different types of practice - Altering context of performance - Use of tools (practical - video analysis) <p>EPP - LO4 - Improving sport performance project.</p>	<p>-</p>	<p>-</p>

			<ul style="list-style-type: none"> - EPP - LO3 - assessment of officiating skills and logbook. 			
Week 3	<ul style="list-style-type: none"> ● General benefits of participating : - Increased motivation - Opportunity to socialise <p><i>Practical - Team problem solving (plank walking)</i></p>	<p>Considerations to make when planning an Outdoor Activity:</p> <ul style="list-style-type: none"> - Clothing and equipment - Supplies 	<ul style="list-style-type: none"> - Practical session Team sports. - Officiating logbook for those completing officiating for team based sports (football, rugby, basketball, netball) - EPP - LO2- assessment of practical skills in a team sport. - EPP - LO3 - assessment of officiating skills and logbook. 	<p>How to measure improvement:</p> <ul style="list-style-type: none"> - Completion of proficiency awards - Individual logs of performance (practical) - Keeping video diaries <p>EPP - LO4 - Improving sport performance project.</p>		
Week 4	<ul style="list-style-type: none"> ● Skill development through OAA: - Social skills - Team-building skills <p><i>Practical - Team problem solving</i></p>	<p>Considerations to make when planning an Outdoor Activity:</p> <ul style="list-style-type: none"> - Emergency procedures - Contingency plans 	<ul style="list-style-type: none"> - Practical session Team sports. - Officiating logbook for those completing officiating for team based sports (football, rugby, basketball, netball) - EPP - LO2- assessment of 	<p>How to measure improvement:</p> <ul style="list-style-type: none"> - Peer observation (practical) - Monitoring completion results over time (practical) <p>EPP - LO4 - Improving sport performance project.</p>		-

			<p>practical skills in a team sport.</p> <ul style="list-style-type: none"> - EPP - LO3 - assessment of officiating skills and logbook. 			
Week 5	<ul style="list-style-type: none"> ● Skill development through OAA: - Decision-making skills - Planning and organisation skills <p><i>Practical - Orienteering</i></p>	<p>Considerations to make when planning an Outdoor Activity:</p> <ul style="list-style-type: none"> ● Weather forecast ● Shelter ● Timing 	<p>LO4</p> <ul style="list-style-type: none"> ● Identifying key skills in sporting activity ● Performance review of strengths and weaknesses within sport (Practical and write up) <p>EPP - LO4 - Improving sport performance project.</p>	<ul style="list-style-type: none"> ● EPP - LO4 - Improving sport performance project. 		
Week 6	<ul style="list-style-type: none"> ● Skill development through OAA: - Problem solving skills - Communication skills <p><i>Practical - Problem solving</i></p>	<p>EPP - Key considerations when planning an outdoor activity</p> <p>EPP - Hazards to be aware of when planning outdoor activities</p>	<ul style="list-style-type: none"> ● Types of skill: <p>Simple Complex Open Closed</p> <p>EPP - LO4 - Improving sport performance project.</p>	<p>EPP - LO4 - Improving sport performance project.</p>		
Week 7	<p>EPP - Presentation on value of participating in outdoor activities (ongoing throughout)</p>	<p>Hazards to be aware of when planning outdoor activities:</p> <ul style="list-style-type: none"> - Organisation of activity 				

		- Inappropriate supervision and tuition				
Week 8						