

Week	Date	Monday HAH	Tuesday RB	Wednesday RB	Thursday HAH	Friday RB
1	A 5 <sup>th</sup> Sept	Intro to SS	Intro to SS	Sport Options	Sport Options	
2	B 12 <sup>th</sup> Sept	R185 – TOPIC AREA 2.1	R185 – TOPIC AREA 2.1	R185 – TOPIC AREA 2.1	R185 – TOPIC AREA 2.1	R185 – TOPIC AREA 2.1
3	A 19 <sup>th</sup> Sept					
4	B 26 <sup>th</sup> Sept					
5	A 3 <sup>rd</sup> Oct					
6	B 10 <sup>th</sup> Oct					Practical Sport grades into Go4schools
7	A 17 <sup>th</sup> Oct					First Submission for 2.1
<b>HALF TERM</b>						
8	B 31 <sup>st</sup> Oct	R185 – TOPIC AREA 2.2	R185 – TOPIC AREA 2.2	R185 – TOPIC AREA 2.2	R185 – TOPIC AREA 2.2	R185 – TOPIC AREA 2.2
9	A 7 <sup>th</sup> Nov					
10	B 14 <sup>th</sup> Nov					Final Submission 2.1- Mark into Go4Schools
11	A 21 <sup>st</sup> Nov					
12	B 28 <sup>th</sup> Nov					
13	A 5 <sup>th</sup> Dec					
14	B 12 <sup>th</sup> Dec					First Submission 2.2
<b>CHRISTMAS HOLIDAYS</b>						
15	2 <sup>nd</sup> Jan	PD Day	R185 – TOPIC AREA 2.3	R185 – TOPIC AREA 2.3	R185 – TOPIC AREA 2.3	R185 – TOPIC AREA 2.3
16	9 <sup>th</sup> Jan					Final Submission 2.2- Mark into Go4Schools
17	16 <sup>th</sup> Jan					
18	23 <sup>rd</sup> Jan					First Submission 2.3
19	30 <sup>th</sup> Jan	TOPIC AREA 3				
20	6 <sup>th</sup> Feb					First submission Topic 3
21	13 <sup>th</sup> Feb					Final Submission 2.3 – Mark into Go4Schools
<b>Half Term</b>						
22	27 <sup>th</sup> Feb					Final Submission Topic 3- Marks on Go4Schools
23	6 <sup>th</sup> March	TOPIC AREA 4 – Deliver sessions this week	Film and take pictures of sessions			Marks on Go4Schools for Leaderships session
24	13 <sup>th</sup> March	TOPIC AREA 5				
25	20 <sup>th</sup> March					
26	27 <sup>th</sup> March					First submission Area 5
<b>Half Term</b>						

27	17 <sup>th</sup> April	LAUNCH OF R187 1.2	LAUNCH OF R187 1.2	LAUNCH OF R187 1.2	LAUNCH OF R187 1.2	LAUNCH OF R187 1.2
28	24 <sup>th</sup> April					
29	2 <sup>nd</sup> May	Bank holiday	TOPIC AREA 1			Final Submission Topic Area 5- Marks on Go4Schools ** Submission on Cambridge Website.
30	8 <sup>th</sup> May				Mark Topic area 1	Have any students in for CW catchup this week
31	15 <sup>th</sup> May	TOPIC AREA 2				
32	22 <sup>nd</sup> May					Final Submission Topic Area 1 & First Submission Topic Area 2
Half Term						
33	5 <sup>th</sup> June	TOPIC AREA 3				
34	12 <sup>th</sup> June					Final Submission Topic Area 2
35	19 <sup>th</sup> June					
36	26 <sup>th</sup> June					
37	3 <sup>rd</sup> July	Walking expedition	TOPIC AREA 4			
38	10 <sup>th</sup> July					First Submission Topic Area 4
Enrichment week- then summer holidays						
1	6 <sup>th</sup> Sept	PD DAY	PD DAY	Recap Topic Area 4- give feedback		Final Submission Topic Area 4
2	11 <sup>th</sup> Sept	TOPIC AREA 1				
3	18 <sup>th</sup> Sept					
4	25 <sup>th</sup> Sept					
5	2 <sup>nd</sup> Oct					END OF UNIT TEST – RESULTS ON GO4
6	9 <sup>th</sup> Oct	TOPIC AREA 2				
7	16 <sup>th</sup> Oct					
8	23 <sup>rd</sup> Oct					PD DAY
Half Term						
9	6 <sup>th</sup> Nov	TOPIC AREA 3				END OF UNIT 2 TEST – RESULTS ON
10	13 <sup>th</sup> Nov					
11	20 <sup>th</sup> Nov					
12	27 <sup>th</sup> Nov					END OF UNIT TEST – RESULTS ON GO4
13	4 <sup>th</sup> Dec	TOPIC AREA 4				

14	11 <sup>th</sup> Dec	TOPIC AREA 5				END OF UNIT TEST GO4 – RESULTS ON
15	18 <sup>th</sup> Dec					
Christmas Holidays						
16	8 <sup>th</sup> Jan					
17	15 <sup>th</sup> Jan					FULL MOCK EXAM
18	22 <sup>nd</sup> Jan					MOCK PAPERS AND REVISION- EXTRA SESSIONS AFTER SCHOOL
19	29 <sup>th</sup> Jan					
20	5 <sup>th</sup> Feb					
Half Term						
21	19 <sup>th</sup> Feb					
22	26 <sup>th</sup> Feb					
23	4 <sup>th</sup> March					
24	11 <sup>th</sup> March					
25	18 <sup>th</sup> March					Exam!! Retake booked for 6 weeks after

### Key

## **R185- Performance and Leadership in Sports Activities**

### **Topic area 2- Applying practice methods to support improvement in a sporting activity**

2.1- Strengths and Weaknesses of Sports Performance

2.2- Methods to Improve Performance

2.3- Measuring Improvement in Performance

### **Topic Area 3 – Organising and planning a sports activity**

3.1- organisation of activity session

3.2 – Safety considerations when planning a sports activity session

3.3 – objectives to meet the needs of the group

### **Topic Area 4 Delivering a sports activity session**

4.1 Organisation of Activity

4.2 Leading a sports activity session

### **Topic Area 5- Reviewing your own performance in planning and leading a sports activity session**

5.1 – Review of leadership

5.2 – review of planning

5.3 – Improvements to be made

## **R187- Increasing Awareness of Outdoor and Adventurous Activities**

### **Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK**

- 1.1 The provision available for outdoor and adventurous activities both locally and nationally
- 1.2 Outdoor activity organisations (including
- 1.3 NGBs)

### **Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities**

- 2.1 Types of equipment to be used for participation
- 2.2. Types of clothing to be used for participation
- 2.3 Types of technology that can enhance participation or safety
- 2.4. Types of terrain and environment

### **Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity**

- 3.1 Key considerations when planning an outdoor activity in a specified location
- 3.2 Outdoor activity risk assessment
- 3.3 Emergency procedures plan
- 3.4 Demonstrate appropriate skills in outdoor activities

### **Topic Area 4: Evaluate participation in an outdoor and adventurous activity**

- 4.1 Evaluate participation of outdoor activities
- 4.2 Evaluate the value of participating in outdoor activities

## **Unit R184: Contemporary issues in sport**

### **Topic Area 1: Issues which affect participation in sport**

- 1.1 User groups
- 1.2 Possible barriers
- 1.3 Possible barrier solutions
- 1.4 Factors which can positively and negatively impact upon the popularity of sport in UK
- 1.5 Emerging/new sports in the UK

### **Topic Area 2: The role of sport in promoting values**

- 2.1 Sport values

2.2 The Olympic and Paralympic movement

2.3 Sporting values initiative and campaigns

2.4 The importance of etiquette AND sporting behaviour

2.5 The use of Performance Enhancing Drugs (PEDs) in sport

**Topic Area 3: The implications of hosting a major sporting event for a city or country**

3.1 The features of a major sporting event

3.2 Positive and negative pre-event aspects of hosting a major sporting event

3.3 Potential positive and negative aspects of hosting a major sporting event

**Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport**

4.1 National Governing Bodies (NGBs)

**Topic Area 5: The use of technology in sport**

5.1 The role of technology in sport

5.2 Positive and negative effects of the use of technology in sport