

CNAT SPORTS STUDIES



KS4

YEAR 10 GCSE



Can you identify strengths and weaknesses in your own and others' performance?

Are you able to independently apply rules and regulations?

FINAL GCSE EXAMS

Sports Studies Unit R054 - Sport and the media

Sports Studies Unit R053 - sports leadership

YEAR 11

Sports Studies Unit R051 - Contemporary Issues in Sport

Sports Studies Unit R052 - Contemporary Issues in Sport

Sports Studies Unit R052 - Developing sport skills

Sports Studies Unit R052 - Developing sport skills

contemporary issues exam

Sustained Physical Activity Athletics

Competitive Sport Table tennis/Badminton/ Tennis

Competitive Sport Football/Rugby/Netball /Hockey

Sustained Physical Activity Fitness Suite

Competence to Excel Movement to Music/Dance/ Gym

Competence to Excel Gym

Sustained Physical Activity - Athletics

Competitive Sport Cricket/Rounders/ Tennis/Stoolball

YEAR 9

Competitive Sport Lacrosse/Handball/ Basketball

Competitive Sport Rugby/Football/Hockey /Netball/Table Tennis/Badminton

Sustained Physical Activity - Fitness

Competence to Excel Dance

Competence to Excel Gym

Sustained Physical Activity - Athletics

Competitive Sport Cricket/Rounders/ Tennis/Stoolball

YEAR 8

Competitive Sport Rugby/Football/Hoc key/Netball/Table Tennis/Badminton

Sustained Physical Activity - Fitness

Competence to Excel Dance

YEAR 7

KS3

What is the relationship between sport and the media? Do they both need each other?

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What skills and qualities do I need to be an effective sports leader?

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Can you identify which fitness components you need to work on?

How do the issues in sport affect all of us in our lives and communities?

Sports Studies Unit R051 - Contemporary Issues in Sport

Sports Studies Unit R051 - Contemporary Issues in Sport

Sports Studies Unit R052 - Developing sport skills

Sports Studies Unit R052 - Developing sport skills

contemporary issues exam

Do I know how to measure aerobic and anaerobic training thresholds and identify the scientific equation for each?

How do the issues in sport affect all of us in our lives and communities?

Can you change defence into attack?

Are you able to safely train using advanced equipment?

How can age, gender, ethnicity, disability and socioeconomic status affect our opportunities to engage in physical activity?

Sustained Physical Activity Athletics

Competitive Sport Table tennis/Badminton/ Tennis

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Are you utilising skills developed in PE in other areas of your life?

Can you identify major muscle groups?

How many activities covered could you officiate?

Can you perform advanced skills and techniques?

Competence to Excel Gym

Sustained Physical Activity - Athletics

Competitive Sport Cricket/Rounders/ Tennis/Stoolball

YEAR 9

Competitive Sport Lacrosse/Handball/ Basketball

Can you outwit opponents by applying effective tactics and strategies?

Are you able to train aerobically and anaerobically?

Are you able to appreciate aesthetic performance?

Competitive Sport Rugby/Football/Hockey /Netball/Table Tennis/Badminton

Sustained Physical Activity - Fitness

Competence to Excel Dance

Have you made the most of the extra-curricular activities on offer?

Do you always show sporting etiquette?

Competence to Excel Gym

Sustained Physical Activity - Athletics

Competitive Sport Cricket/Rounders/ Tennis/Stoolball

YEAR 8

Competitive Sport Rugby/Football/Hoc key/Netball/Table Tennis/Badminton

Sustained Physical Activity - Fitness

Competence to Excel Dance

YEAR 7

Are you able to independently apply rules and regulations?

What are the short term effects of exercise on the body?

Can you plan and lead your own warm-up?