

# Cambridge National Sport Studies

## Year 10 Term 1.1 & 1.2



### Unit of study R185:Topic Area 2: Applying practice methods to support improvement in a sporting activity

#### Specification

2.1 Strengths and weaknesses of sports performance

2.2 Methods to improve performance

2.2.2 Altering the context of performance

2.3 Measuring improvement in performance

#### Aims & Objectives:

The aim is to consolidate inclass information about how we assess strengths and weaknesses while researching ways to assess performers.

To think about your own strengths and weaknesses inpreparation for set task work.

To think about ways that performers can improve their skills and performance to address any weaknesses.

#### Types of tasks to expect:

Many of the tasks will be research based and the emphasis will be on the student to find things out in preparation for the next lesson(s)

Students will also be asked to make some preparatory notes for upcoming lessons that will allow them to complete set assignments independently and efficiently

#### Where?

Homework will be posted on Google Classroom / class charts. Students will be expected to have evidence of this work within Google classroom for the teacher to check.

Course booklets will also be used for homework tasks.

#### When?

Homework will be set through the half term. This will depend on the point at which the students are at in their learning. We will aim for 1 homework every 2 weeks

#### Feedback

Feedback on research / preparatory work will be given verbally. Some will be given within Google Classroom. During set assignment work, feedback will be given within the guidelines laid out by OCR & JCQ

#### Revision links:

Set ass...

