

## Curriculum Summary

**Subject:** CNAT Sport Studies

Year 7	Year 8	Year 9	Year 10	Year 11
		<p><b>Go Lead Sports Leadership</b> – Students will learn how to develop key skills to be an effective leader. They will lead sports sessions with primary students to develop sports leadership skills.</p>	<p><b>Understand the issues which affect participation in sport</b> – Students will identify different user groups, barriers to participation, solutions to barriers and the popularity of sport.</p>	<p><b>Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership</b></p>
			<p><b>Know about the role of sport in promoting values</b> – Students will study sporting values, the Olympic and Paralympics, sporting initiatives and performance enhancing drugs.</p>	<p><b>Be able to plan and deliver sports activity sessions</b> – Students will learn about safe practice, communication skills, motivation techniques and develop sport specific knowledge.</p>
		<p><b>Understand Physical training</b> – Students will study components of fitness, training principles, training zones and prevention of injury.</p>	<p><b>Understand the importance of hosting major sporting events</b> – Students will identify and study major sporting events and the benefits and drawbacks of hosting an event.</p>	<p><b>Be able to evaluate own performance in delivering a sports activity session.</b></p>
			<p><b>Know about the role of national governing bodies in sport</b> – Students will understand what national governing bodies do.</p>	<p><b>Know about different types of outdoor activities and their provision</b> – Students will understand the value of participating in outdoor activities</p>
		<p><b>Understand officiating</b> – Students will learn about signalling, positioning and rules.</p>	<p><b>Be able to use skills, techniques and tactics/strategies as an individual and team performer in a sporting activity</b></p>	<p><b>Be able to plan an outdoor activity</b></p>
		<p><b>Improving performance in sport</b> – Students will explore training methods, warm up, cool down and how to analyse performance.</p>	<p><b>Be able to apply practice methods to support improvement in a sporting activity</b></p>	<p><b>Be able to demonstrate knowledge and skills during outdoor activities</b></p>
			<p><b>Be able to officiate in a sporting activity</b></p>	