

Long Term Plan

Year Overview (Yr 11 - OCR National Outdoor Ed)

Sport Faculty	
YEAR 11 OCR National OUTDOOR ED	
Unit R051: Contemporary issues in sport	Unit R053: Sports leadership
<p>It is often said that sport is a reflection of society and, as such, many of the broad issues that affect society are also prevalent in sport. For the same reasons, sport can also be a force for good at local, national and international levels, because of its ability to bring people together.</p> <p>Content includes:</p> <ul style="list-style-type: none"> • Developing an understanding of the different user groups who may participate in sport, the possible barriers that affect their participation in sport and the solutions to these barriers • Understanding the factors that affect the popularity of sport in the UK, current trends in the popularity of different sports and the growth of emerging sports in the UK • Learning about the role of sport in promoting values, the Olympic and Paralympic movement and key initiatives and events such as Sport Relief <ul style="list-style-type: none"> • Looking at the importance of etiquette and sporting behaviour of performers and spectators and the use of performance-enhancing drugs in sport and the related ethical issues • Knowing the key features of major sporting events, the potential benefits and drawbacks of hosting these events and understanding why they are important to the cities/countries that 	<p>Whether voluntary or professional, the role of the sport leader is imperative in any sport: adopting the role of coach, manager, teacher or team captain, sport leaders can shape the development of sport by influencing and inspiring those around them to participate and perform in sporting activities.</p> <p>Content includes:</p> <ul style="list-style-type: none"> • Developing an understanding of different leadership roles in sport and the responsibilities related to those roles • Developing an understanding of different leadership styles and the personal qualities of an effective leader • Learning the key considerations to take into account when effectively and safely planning a sports activity session, such as appropriate venue, supervision needs and timing of activities as well as safe practice <ul style="list-style-type: none"> • Learning the skills and knowledge to deliver a successful and effective sports activity session, such as communication skills, motivational skills and activity-specific knowledge • Developing the skills to evaluate own performance in delivering sports activity sessions in both planning and delivery stages.

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- Knowing the role of national governing bodies in sport.