



**What I will know and understand by the end of Year 10
R185 Performance & Leadership in sports activities.**

This year in OCR Sport Level 2 we will be learning:		What will be included?	Key Vocabulary	Misconceptions
1	Topic Area 1 – Key components of performance 1.1 Performance in two selected activities 1.2 Participating in your activities 1.3 Decision making during performance 1.4 Managing and maintaining performance in individual activities 1.5 Your role and contribution to team activities.	1.1.1 Performance of skills and techniques 1.2.1 Appropriate use of: Tactics, Strategies, Compositional Ideas, Use of creativity in performance. 1.3.1 Appropriate and timely decisions 1.4.1 Ability to maintain and manage own performance (individual activities only) 1.5.1 Awareness of role and contribution to the team (team activities only).	- Technique - Strategy - Tactics - Composition - Creativity - Performance - Pressure - Focus	- Mixing up tactics and strategies. - Not understanding the breakdown of a skill.
2	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	2.1.1 Key components for assessing strengths and weaknesses in an activity e.g.. reviews. 2.2.1 Different types of practices and progressive drills e.g., part, whole, fixed, variable. 2.3.1 Use of tools to aid evaluation e.g., Video analysis, forms of technology, trackers, monitoring results.	- Strengths - Weaknesses - Progressive - Variable - Analysis - Technology - Evaluation	- Simple and complex skills often misinterpreted. - Not understanding practices have many forms.
3	Topic area 3 – Organising and planning a sports activity session. 3.1 Organisation of a sports activity session. 3.2 Safety considerations when planning a sports activity session. 3.3 Objectives to meet the needs of the group	3.1.1 Appropriate venue 3.1.2 Equipment 3.1.3 Timing 3.1.4 Supervision 3.1.5 Contingency Plan 3.2.1 Risk Assessment and corrective action 3.3. Introduction, conclusion, warm up, cool down, skill and technique development.	- Participant - Risk - Hazard - Emergency - Safeguarding - Protection - Corrective	- Not knowing what a plenary is. - Not knowing what a ratio is and how to apply it to their session. - Risk level and why important.
4	Topic Area 4 – Leading a sports activity session 4.1 Organisation of a sports activity session 4.2 Leading a sports activity session	4.2.1 Leading a sports activity session Specific details, leadership, adaptability, positioning, motivation, confidence, creativity.	- Democratic - Autocratic - Laissez-faire - Proactive, reactive - Demonstration	- Questioning and the reason for it during a session. - Session objectives – why they need be specific.
5	Topic Area 5 – Reviewing your own performance in planning and leading a sports activity session. 5.1 Review your sports activity session.	5.1.1 Planning 5.1.2 Leading 5.1.3 Improvements that could be made 5.1.4 Opportunities to develop leadership skills for the future	- Suitability - Motivation - Adaptation - Positioning	Why reviewing themselves is important – feeling that they hadn't led as well in their session.
Target Grade:		AP1:	AP2:	AP3: