

## K5 LTP 21/22 Overview

| Autum  | Halfterm 1            |                 |                 |          |          |            |               |          | Halfterm 2 |          |               |          |                         |          |                                 |                  |          |
|--------|-----------------------|-----------------|-----------------|----------|----------|------------|---------------|----------|------------|----------|---------------|----------|-------------------------|----------|---------------------------------|------------------|----------|
| Date   | 23/08/21              | 30/08/21        | 06/09/21        | 13/09/21 | 20/09/21 | 27/09/21   | 04/10/21      | 11/10/21 | 25/10/21   | 01/11/21 | 08/11/21      | 15/11/21 | 22/11/21                | 29/11/21 | 06/12/21                        | 13/12/2021       |          |
|        | Introduct<br>ion week | Bank<br>Holiday | 1.1/1.2         | 2.1      | CS       | 3.1        | CS            | 3.2      | 3.3        | 4.1      | Catch up      | CS       | Plan Christmas<br>Games |          | Delivery<br>Christma<br>s Games | Catch up<br>Week |          |
| Spring | Halfterm 1            |                 |                 |          |          |            | Halfterm 2    |          |            |          |               |          |                         |          |                                 |                  |          |
| Date   | 03/01/22              | 10/01/22        | 17/01/22        | 24/01/22 | 31/01/22 | 07/02/22   | 21/02/22      | 28/02/22 | 07/03/22   | 14/03/22 | 21/03/22      | 28/03/22 |                         |          |                                 |                  | 04/04/22 |
|        | 1.1                   | 1.1             | 2.1             | 2.1      | CS       | 2.2        | 2.3           | CS       | 2.4        | 2.4      | 2.4           | CS       |                         |          |                                 |                  | 2.5      |
| Summer | Halfterm 1            |                 |                 |          |          | Halfterm 2 |               |          |            |          | Mon/Tue<br>?  |          |                         |          |                                 |                  |          |
| Date   | 25/04/22              | 02/05/22        | 09/05/22        | 16/05/22 | 23/05/22 | 06/06/22   | 13/06/22      | 20/06/22 | 27/06/22   | 04/07/22 | 11th/12t<br>h |          |                         |          |                                 |                  |          |
|        | 2.5                   | 2.5             | Plan Sports Day |          |          |            | Sports<br>day | 3.1      | 3.1        | CS       |               |          |                         |          |                                 |                  |          |

## Sports Leaders Unit 1 SOW

|   |   |
|---|---|
| <b>Key stage 5</b>  | <b>Duration:</b> September – December, 16 weeks, 2 hours per week   |
| <b>Aims:</b><br>Unit 1 - Establishing leadership skills   |   |
| <b>Prior Learning:</b>  | <b>Resources:</b>   |
| <ul style="list-style-type: none"> <li>Students may have completed OCR national's level 1 which briefly touches on sports leadership. But from the KS4 school curriculum this also touches on essential skills which are used in sports leaders.</li> </ul>   |   |
| <b>Assessment:</b>  | <b>Cross Curricular Links</b>   |
| <ul style="list-style-type: none"> <li>1.1 Outline why the identified skills will be necessary for a Sports Leader</li> <li>1.2 Outline the effect that behaviours can have on leadership skills</li> <li>2.1 Outline how the identified skills and behaviours might be used in different areas of life</li> <li>3.1 Audit own leadership skills</li> <li>3.2 Create an action plan for developing leadership skills</li> <li>3.3 Reflect on the development of own leadership skills against an action plan</li> <li>4.1 Outline the responsibilities of the roles that a Sports Leader might take on</li> </ul> | <ul style="list-style-type: none"> <li>Literacy (key words),</li> <li>Maths (scoring, timing),</li> <li>Citizenship (sportsmanship),</li> </ul> |

| Week         | Learning Objective   | Success criteria   | Activity Examples   | Work Produced   |
|--------------|--|--|---|---|
| 1            | Introduction   | <ul style="list-style-type: none"> <li>Identify the requirements for the course.</li> <li>Understand what is expected work and behaviour wise.</li> <li>Apply these to introduction.</li> </ul>  | <ul style="list-style-type: none"> <li>PowerPoint introducing the course.</li> <li>Expectation for work produced and behaviour</li> <li>Practical example introducing sports leadership.</li> </ul> | <ul style="list-style-type: none"> <li>Practical showing sports leadership.</li> <li>Outline of folders and initial paperwork filled in.</li> </ul> |
| Bank Holiday |  | <ul style="list-style-type: none"> <li></li> </ul>   | <ul style="list-style-type: none"> <li></li> </ul>  | <ul style="list-style-type: none"> <li></li> </ul>  |
| 3            | <p>1.1 Outline why the identified skills will be necessary for a Sports Leader</p> <p>1.2 Outline the effect that behaviours can have on leadership skills</p> | <ul style="list-style-type: none"> <li>Identify what behaviours are.</li> <li>Understand how they may affect leadership skills.</li> <li>Apply how behaviours can affect sports leadership skills.</li> </ul>                                    | <ul style="list-style-type: none"> <li>Worksheets to show knowledge of the skills needed.</li> <li>Teacher to lead practical to show example of the skills</li> </ul>                               | <ul style="list-style-type: none"> <li>Q&amp;A</li> <li>Worksheets</li> <li>Practical</li> </ul>  |
| 4            | 2.1 Outline how the identified skills and behaviours might be used in different areas of life  | <ul style="list-style-type: none"> <li>Identify how the skills and behaviours may affect different areas of life</li> <li>Understand how skills and behaviours do affect other areas of life.</li> <li>Apply to real life situations.</li> </ul> | <ul style="list-style-type: none"> <li>Worksheets to show knowledge of the skills needed.</li> <li>Teacher to lead practical to show example of the skills</li> </ul>                               | <ul style="list-style-type: none"> <li>Q&amp;A</li> <li>Worksheets</li> <li>Practical</li> </ul>  |
| 5            | Community sport  |  |   |   |

|    |  |   |  |  |
|----|--|---|--|--|
| 6  | 3.1 Audit own leadership skills  | <ul style="list-style-type: none"> <li>Identify their own leadership skills.</li> <li>Understand how to audit and evaluate their own skills.</li> <li>Apply the knowledge to evaluate their own leadership skills.</li> </ul> | <ul style="list-style-type: none"> <li>Worksheets to show knowledge of the skills needed. Evaluation will be created</li> <li>Teacher to lead practical to show example of the skills</li> </ul>   | <ul style="list-style-type: none"> <li>Q&amp;A</li> <li>Worksheets</li> <li>Practical</li> </ul> |
| 7  | Community sport  |   |  |  |
| 8  | 3.2 Create an action plan for developing leadership skills   | <ul style="list-style-type: none"> <li>Identify what an action plan is.</li> <li>Understand how to create an action plan.</li> <li>Apply and create the action plan and put into practice.</li> </ul>                         | <ul style="list-style-type: none"> <li>Worksheets to show knowledge of the skills needed. Action plan will be created and practised to develop and improve skills.</li> <li>Teacher to lead practical to show example of the skills</li> </ul> | <ul style="list-style-type: none"> <li>Q&amp;A</li> <li>Worksheets</li> <li>Practical</li> </ul> |
| 9  | <ul style="list-style-type: none"> <li>3.3 Reflect on the development of own leadership skills against an action plan</li> </ul> | <ul style="list-style-type: none"> <li>Identify what reflection is.</li> <li>Understand how to reflect on their own action plan.</li> <li>Apply and produce a reflected bit of work and the action plan.</li> </ul>           | <ul style="list-style-type: none"> <li>Worksheets to show knowledge of the skills needed. Action plan will be created and practised to develop and improve skills.</li> <li>Teacher to lead practical to show example of the skills</li> </ul> | <ul style="list-style-type: none"> <li>Q&amp;A</li> <li>Worksheets</li> <li>Practical</li> </ul> |
| 10 | 4.1 Outline the responsibilities of the roles that a Sports Leader might take on   | <ul style="list-style-type: none"> <li>Identify what responsibilities of the roles that a Sports Leader might take on</li> </ul>  | <ul style="list-style-type: none"> <li>Worksheets to show knowledge of the skills needed. .</li> </ul>   | <ul style="list-style-type: none"> <li>Q&amp;A</li> <li>Worksheets</li> <li>Practical</li> </ul> |

|    |                          |  |   |  |
|----|--------------------------|--|---|--|
|    |                          | <ul style="list-style-type: none"> <li>• Understand the difference between the different roles.</li> <li>• Apply to work.</li> </ul>   | <ul style="list-style-type: none"> <li>• Teacher to lead practical to show example of the skills</li> </ul>                       |  |
| 11 | Catch up week            | •  | •   | •  |
| 12 | Community sport          | •  | •   | •  |
| 13 | Plan Christmas Games     | <ul style="list-style-type: none"> <li>• Identify how to plan an event</li> <li>• Understand how to plan an event</li> <li>• Apply to the Christmas games, plan and delivery the event.</li> </ul>                               | <ul style="list-style-type: none"> <li>• Plans</li> <li>• Posters</li> <li>• Results sheets</li> <li>• Risk assessment</li> </ul> | <ul style="list-style-type: none"> <li>• Practical</li> </ul>  |
| 14 |                          |  |   |  |
| 15 | Delivery Christmas Games | <ul style="list-style-type: none"> <li>• Successfully lead and assist leading different activities at the Christmas games.</li> </ul>  | <ul style="list-style-type: none"> <li>• Practical</li> </ul>   | Practical  |
| 16 | Catch up Week            | <ul style="list-style-type: none"> <li>• Identify work that missing or that needs improving</li> <li>• Understand how to do this work or improve it.</li> <li>• Apply and complete the unit to the required standard.</li> </ul> | <ul style="list-style-type: none"> <li>• Worksheets to show knowledge of the skills needed. .</li> </ul>                          | <ul style="list-style-type: none"> <li>• Q&amp;A</li> <li>• Worksheets</li> <li>• Practical</li> </ul> |

## Sports Leaders Unit 2 SOW

|  |  |   |
|--|--|---|
| <b>Key stage 5</b>   |  | <b>Duration:</b> September – December, 16 weeks, 2 hours per week   |
| <b>Aims:</b><br>Unit 1 - Establishing leadership skills  |  |   |
| <b>Prior Learning:</b>   |  | <b>Resources:</b>   |
| <ul style="list-style-type: none"> <li>Students may have completed OCR national's level 1 which briefly touches on sports leadership. But from the KS4 school curriculum this also touches on essential skills which are used in sports leaders.</li> </ul>  |  |   |
| <b>Assessment:</b>   |  | <b>Cross Curricular Links</b>   |
| <ul style="list-style-type: none"> <li>1.1 Plan sport/physical activities</li> <li>2.1 Use effective communication skills when assisting in the leading of sport/physical activities</li> <li>2.2 Use effective organisational strategies when assisting in the leading of sport/physical activities</li> <li>2.3 Use effective motivation methods when assisting in the leading of sport/physical activities</li> <li>2.4 Adapt an activity in line with the needs of the participant(s)</li> <li>2.5 Lead sport/physical activities</li> <li>3.1 Review own role in leading sport/physical activities</li> </ul> |  | <ul style="list-style-type: none"> <li>Literacy (key words),</li> <li>Maths (scoring, timing),</li> <li>Citizenship (sportsmanship),</li> </ul> |

| Week | Learning Objective   | Success criteria  | Activity Examples  | Work Produced  |
|------|--|---|--|--|
| 1    | 1.1 Plan sport/physical activities   | <ul style="list-style-type: none"> <li>Identify how to plan physical activities</li> <li>Understand what's included in a session plan</li> <li>Apply understanding and create a session plan</li> </ul> | <ul style="list-style-type: none"> <li>Session Plan</li> <li>Practical examples of sessions plans</li> <li>Paper work</li> </ul>   | <ul style="list-style-type: none"> <li>Q&amp;A</li> <li>Worksheets</li> </ul>  |
| 2    |  |   |  |  |
| 3    | 2.1 Use effective communication skills when assisting in the leading of sport/physical activities      | <ul style="list-style-type: none"> <li>Identify different communication skills needed.</li> <li>Understand why those skills are needed.</li> <li>Apply into practical situations.</li> </ul>            | <ul style="list-style-type: none"> <li>Practical sessions</li> <li>Assisting the teacher deliver a practical session.</li> </ul>   | <ul style="list-style-type: none"> <li>Practical session helping the teacher.</li> <li>Q&amp;A</li> </ul>                              |
| 4    |  |   |  |  |
| 5    | Community sport  |   | .  |  |
| 6    | 2.2 Use effective organisational strategies when assisting in the leading of sport/physical activities | <ul style="list-style-type: none"> <li>Identify the different organisation strategies.</li> <li>Understand how to carry them out.</li> <li>Apply them in a practical setting.</li> </ul>                | <ul style="list-style-type: none"> <li>Practical sessions</li> <li>Assisting the teacher deliver a practical session.</li> </ul>   | <ul style="list-style-type: none"> <li>Practical session helping the teacher</li> <li>Q&amp;A</li> </ul>                               |
| 7    | 2.3 Use effective motivation methods when assisting in the leading of sport/physical activities        | <ul style="list-style-type: none"> <li>Identify different motivation methods</li> <li>Understand how to use them.</li> <li>Apply these in a practical setting.</li> </ul>                               | <ul style="list-style-type: none"> <li>Practical sessions</li> <li>Assisting the teacher deliver a practical session.</li> </ul>   | <ul style="list-style-type: none"> <li>Practical session helping the teacher</li> <li>Q&amp;A</li> </ul>                               |
| 8    | Community Sport  |   |  |  |
| 9    | 2.4 Adapt an activity in line with the needs of the participant(s)                                     | <ul style="list-style-type: none"> <li>Identify how to adapt sports</li> <li>Understand why you need to adapt sports to meet different needs</li> <li>Apply this into real life sessions.</li> </ul>    | <ul style="list-style-type: none"> <li>Practical sessions</li> <li>Students come up with ideas to change sports to meet the needs of students within the class.</li> </ul> | <ul style="list-style-type: none"> <li>Practical session helping the teacher</li> <li>Q&amp;A</li> <li>Brain Storm of ideas</li> </ul> |
| 10   |  |   |  |  |
| 11   |  |   |  |  |

|    |  |   |   |   |
|----|--|---|---|---|
| 12 | Community Sport  |   |   |   |
| 13 | 2.5 Lead sport/physical activities                       | <ul style="list-style-type: none"> <li>• Identify what leading an activity means</li> <li>• Understand what it takes to lead a session.</li> <li>• Apply this and lead multiple sessions to peers.</li> </ul> | <ul style="list-style-type: none"> <li>• Practical session</li> <li>• Session plans</li> <li>• Risk assessment</li> </ul>         | <ul style="list-style-type: none"> <li>• Practical session helping the teacher</li> <li>• Q&amp;A</li> <li>• Session plan</li> <li>• Risk assessment</li> </ul> |
| 14 |  |   |   |   |
| 15 |  |   |   |   |
| 16 | Planning Sports Day                                      | <ul style="list-style-type: none"> <li>• Identify how to plan an event</li> <li>• Understand how to plan an event</li> <li>• Apply to the Christmas games, plan and delivery the event.</li> </ul>            | <ul style="list-style-type: none"> <li>• Plans</li> <li>• Posters</li> <li>• Results sheets</li> <li>• Risk assessment</li> </ul> | <ul style="list-style-type: none"> <li>• Practical</li> </ul>   |
| 17 |  |   |   |   |
| 18 |  |   |   |   |
| 19 |  |   |   |   |
| 20 | Sports day   | Delivery Sports day   |   |   |
| 21 | 3.1 Review own role in leading sport/physical activities | <ul style="list-style-type: none"> <li>• Identify what a review is.</li> <li>• Understand how to review and evaluate.</li> <li>• Apply this and create an evaluation.</li> </ul>                              | <ul style="list-style-type: none"> <li>• Worksheets</li> <li>• Evaluation</li> <li>•</li> </ul>                                   | <ul style="list-style-type: none"> <li>• Q&amp;A</li> <li>• Worksheets</li> <li>• Booklet</li> </ul>  |
| 22 |  |   |   |   |
| 23 | Community sport  |   |   |   |