

Y10 & Y11 WJEC Sport Curriculum Summary

Actviity	Unit / title	Core knowledge / links to previous and future learning	Formative (interim) assessment / homework	Formal assessment
Y10 Septemb er - Feburary	Unit 2: Improving Sporting Performance	Core Knowledge - This unit introduces learners to how different areas of sporting performance can be improved. The aim of this unit is to provide learners with the knowledge and understanding needed to be able to analyse sporting performance, identify strengths and weaknesses and plan for improvement.	Mini controlled assessments	Controlled Assessment (4 hours)
Y10 Feburary - Y11 October	Unit 3: Coaching Principles	Core Knowledge - The aim of this unit is to provide learners with the appropriate knowledge and understanding to be able to plan, lead and evaluate a coaching session within a sporting activity. Previous Links - Unit 2: <ul style="list-style-type: none"> • Physiological, psychological and technical factors affecting performance in sport • Strategies for improvement of sporting performance • Analysis of performance data in order to develop and implement a training programme in Unit 3. Future Learning - Unit 1: <ul style="list-style-type: none"> • The components of health and fitness • Factors that need to be considered before training • The principles of training • Training methods • Target setting 	Practical observation & mini controlled assessment	Controlled Assessment (6 hours)
Y11 October - May	Unit 1: Fitness for Sport.	Core Knowledge - This unit introduces learners to the adaptations that take place in the	Practical observation (Practical ability &	External Exam (1 hour 20 minute)

		<p>body following exercise, how training can lead to improvements in fitness and the planning of training programmes. The aim of this unit is to develop the knowledge, understanding and skills needed to plan training programmes to improve the fitness of individuals.</p> <p>Previous Links - Unit 2</p> <ul style="list-style-type: none"> • Physiological, psychological and technical factors affecting performance in sport • Strategies for improvement of sporting performance • Analysis of performance data in order to develop and implement a training programme in Unit 3. 	<p>Sporting Characteristics assessment)</p>	
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