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| **Foundation Sport - Year 9 Medium Term Plan/SOW** | **The Academy of St Francis of Assisi** |
| **UNIT-R053/R042** |  **OCR Cambridge Nationals** **Unit: Sports Leadership/Applying Principles of Training**  | **Number of lessons in sequence** | **Sports Leadership - 15 x 1-hour lessons** |
| **Curricular Goals** (What do you intend students know about and be able to do by the end of the topic, or scheme of learning. Critical knowledge needed to inform later learning and wider contexts.  | **By the end of this unit students will:** **Sports Leadership** - 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. By completing this unit, learners will develop some of the knowledge, understanding and practical skills required to be an effective sport leader and plan, deliver and review safe and effective sporting activity sessions themselves. They will be encouraged to consider and evaluate their delivery and, by doing so, develop their ability to communicate with an audience verbally and through practical demonstration, and adapt to developing situations and the different needs and abilities of those they are leading.**Knowledge students will secure:** • Roles of a leader. • Responsibilities of a leader • Personal Qualities of a leader • Leadership Styles • Comparing Sports Leaders • Good/Bad Leaders • Session Planning • Assessing risks as a leader • Being a coach **Skills students will develop:** •Apply knowledge and understanding of different leadership roles • apply knowledge and understanding of different leadership responsibilities • apply knowledge and understanding of leadership qualities • Analyse and evaluate different leaders • Designing Training Programmes • Team building • Leadership • Teamwork • Organisation • Planning • Assessing Risks • Analysing leadership performance self and peer  | **Links to National Curriculum****Links to & building upon prior learningIncluding KS2 if Yr7** | **KS4:*** Evaluate their performances compared to previous ones and demonstrate improvement to achieve personal best.
* Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
* Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.
* Sport Science OCR Nationals
* Sport Studies OCR Nationals

**KS3 curriculum links**:* Lead healthy, active lives.
* Take part in competitive sports and activities outside school through community links or sports clubs.
* Analyse their performances compared to previous ones and demonstrate improvement to achieve personal best.
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| **2/3 tier vocabulary** | **Differentiation/Scaffolding/Support** | **Stretch and challenge opportunities in class, enrichment and home learning.** | **Opportunities for wider reading/Listening/watching.** |
| Captain; Coach; Teacher; Expedition Leader; Role Model; Confidence; Initiative; Proactive; Autocratic; Democratic; Laissez faireSports Leadership - [Hyperlink for Knowledge Organiser here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5CKNOWLEDGE%20ORGANISERS%5CSPORT%20STUDIES%5CSports%20Leadership%5CR053---Knowledge-Organisers.pdf)Specificity; Progression; Overload; Reversibility; Moderation; Variance; Frequency; Intensity; Time; Type; Speed; Power; Flexibility; Reaction Time; Agility; Coordination; Strength; Endurance; Balance; Fartlek; HIIT; Interval; Plyometric; Circuit.Applying Principles of Training – [Hyperlink for Knowledge Organiser here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5CKNOWLEDGE%20ORGANISERS%5CSPORT%20SCIENCE%5CApplying%20Principals%20of%20Training%5CPrinicples%20of%20training%20and%20components%20of%20fitness.docx) | **Knowledge support** – commonly identified difficulties Support students in understanding the differences and links between responsibilities of a leader and personal qualities of a leader.**Reading support -**Use the visualiser to read through as a class, ask students to identify any words they don’t know and discuss meanings as a class and annotate. This is good practice and should be done for all reading tasks. **support** – Students knowledge booklet and task sheets to increase independence throughout the unit. Use the visualiser to model, share good practice to support students in developing confidence**Skill** | **Opportunities for inclusion of challenging content –** * Translated information and booklet for EAL students.
* Extension tasks for higher ability students based on OCR Technical Level 2 Sport Studies/Sport Science

**Useful websites to stretch students:*** **Incorporated onto PowerPoints**
* **Shared on Social Media**
* **Linked to home learning tasks via class charts.**

<https://thewfa.co.uk><https://www.scienceforsport.com/warm-ups/><https://www.sportenglandclubmatters.com/club-planning/governance/managing-risk-2/risk-assesment/> | **Read** – Teachers to select appropriate case studies to stretch high ability learners. **[Sport Leadership in the 21st Century](https://books.google.co.uk/books?id=o-yADwAAQBAJ&printsec=frontcover&dq=sports+leadership&hl=en&sa=X&ved=2ahUKEwj2r9D61_rrAhWRi1wKHVS-BK8Q6AEwAXoECAYQAg)****[Leadership in Sport](https://books.google.co.uk/books?id=LlLeCQAAQBAJ&printsec=frontcover&dq=sports+leadership&hl=en&sa=X&ved=2ahUKEwj2r9D61_rrAhWRi1wKHVS-BK8Q6AEwBHoECAMQAg)** **The Captain Class podcast****[The One-Minute Workout: Science Shows a Way to Get Fit ...](https://books.google.co.uk/books?id=IDOxDAAAQBAJ&printsec=frontcover&dq=exercise+training+podcasts&hl=en&sa=X&ved=2ahUKEwi164qe2frrAhURmVwKHY5vCfkQ6AEwBnoECAgQAg)****Listen -** Select appropriate video tutorials from the Everlearner for students to listen to specific topic content.**All about fitness****Sports Leadership on Apple Podcast****Watch** – Identify clips from YouTube linked to unit content<https://www.youtube.com/watch?v=UXpJjSDhxZM><https://www.youtube.com/watch?v=1AZMiq6Mg-k><https://www.youtube.com/watch?v=9zUnnqkdJC0><https://www.youtube.com/watch?v=845dclupGl8><https://www.youtube.com/watch?v=3Ysbu24RVLA><https://www.youtube.com/watch?v=rqA4Vdd1bcc><https://www.youtube.com/watch?v=Zp1lV9EkNdw><https://www.youtube.com/watch?v=TJHV0XatgYw> |

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| **Sports Leadership LO1**  | **Sequence of learning Lesson title, theme, big question.** |  **Key Concepts/outcomes/knowledge and skills.**  | **Assessment/ including specific content/ knowledge/skills tested.**  | **Everlearner Hwk** | **Furthering Cultural Capital.****&/or** | **Recall of prior or future topics –**  | **Lesson resources including hyperlink to supporting websites & individual lessons.**  |
| **1**  | **LO1 - What are the Roles of a leader in sport** | **Knowledge:** Captain; Teacher; Coach; Expedition Leader; Role Model**Skill:** GroupDiscussion **Key vocab** – Role; Captain; Teacher; Coach; Expedition Leader; Role Model | Student Booklet [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1%5CR053-LO1-Year%209%20Foundation.docx)Verbal FeedbackSelf-Assessment | [T:\P.E\CURRICULUM PLANNING\HOMEWORK\KS3 Everlearner Homework.xlsx](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5CHOMEWORK%5CKS3%20Everlearner%20Homework.xlsx) | Knowledge organiser/ Discussion over images of leaders |  | All PPTs and resources for individual lessons [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1) |
| **2** | **LO1 - What are the Roles of a leader in sport - ASSESSMENT** | **Knowledge:** Captain; Teacher; Coach; Expedition Leader; Role Model**Skill:** GroupDiscussion **Key vocab** – Role; Captain; Teacher; Coach; Expedition Leader; Role Model | Student Booklet [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1%5CR053-LO1-Year%209%20Foundation.docx)Computer Assessment Task | [T:\P.E\CURRICULUM PLANNING\HOMEWORK\KS3 Everlearner Homework.xlsx](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5CHOMEWORK%5CKS3%20Everlearner%20Homework.xlsx) | Officiating in Badminton | **Future Topic:** Responsibilities of a Leader  | All PPTs and resources for individual lessons [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1) |
| **3** | **LO1 - What are the Responsibilities of a leader in sport** | **Knowledge:** Enthusiasm; First aid; Safety; Knowledge**Skill:** Apply knowledge and understanding**Key vocab** – Responsibility; Enthusiasm; First aid; Safety; Knowledge | DO NOW TASK Recap lesson 1-2Student Booklet [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1%5CR053-LO1-Year%209%20Foundation.docx)Verbal FeedbackSelf-Assessment | [T:\P.E\CURRICULUM PLANNING\HOMEWORK\KS3 Everlearner Homework.xlsx](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5CHOMEWORK%5CKS3%20Everlearner%20Homework.xlsx) | Knowledge organiser/ Thursday Catch Up/ LSSP Leadership Academy/ | DO NOW Recall of roles | All PPTs and resources for individual lessons [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1) |
| **4** | **LO1 - What are the Responsibilities of a leader in sport - ASSESSMENT** | **Knowledge:** Enthusiasm; First aid; Safety; Knowledge**Skill:** Apply knowledge and understanding**Key vocab** – Responsibility; Enthusiasm; First aid; Safety; Knowledge | DO NOW TASK Recap lesson 1-3Student Booklet [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1%5CR053-LO1-Year%209%20Foundation.docx)Computer Assessment Task | [T:\P.E\CURRICULUM PLANNING\HOMEWORK\KS3 Everlearner Homework.xlsx](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5CHOMEWORK%5CKS3%20Everlearner%20Homework.xlsx) | Knowledge organiser/ Thursday Catch Up/ LSSP Leadership Academy/ | **Future Topic:** Personal Qualities | All PPTs and resources for individual lessons [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1) |
| **5** | **LO1 - Personal Qualities of a leader in sport** | **Knowledge:** Personal Qualities**Skill** – Analyse and evaluate. Apply knowledge and understanding**Key vocab –** Confidence; Organisation; Initiative; Proactive | DO NOW TASK Recap lesson 1-4Student Booklet [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1%5CR053-LO1-Year%209%20Foundation.docx)Verbal FeedbackSelf-Assessment | [T:\P.E\CURRICULUM PLANNING\HOMEWORK\KS3 Everlearner Homework.xlsx](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5CHOMEWORK%5CKS3%20Everlearner%20Homework.xlsx) | Knowledge organiser/ Thursday Catch Up/ LSSP Leadership Academy/ | **Do NOW Recall**: Responsibilities of a leader | All PPTs and resources for individual lessons [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1) |
| **6** | **LO1 - Personal Qualities of a leader in sport –** **ASSESSMENT** | **Knowledge:** Personal Qualities**Skill** – Analyse and evaluate. Apply knowledge and understanding**Key vocab –** Confidence; Organisation; Initiative; Proactive | DO NOW TASK Recap lesson 1-5Student Booklet [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1%5CR053-LO1-Year%209%20Foundation.docx)Computer Assessment Task | [T:\P.E\CURRICULUM PLANNING\HOMEWORK\KS3 Everlearner Homework.xlsx](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5CHOMEWORK%5CKS3%20Everlearner%20Homework.xlsx) | Knowledge organiser/ Thursday Catch Up/ LSSP Leadership Academy/ | **Future Topic:** Leadership Styles | All PPTs and resources for individual lessons [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1) |
| **7** | **LO1 – Why leaders have different leadership styles** | **Knowledge:** Leadership Styles**Skill** – Analyse and evaluate. Apply knowledge and understanding**Key vocab –** Autocratic; Democratic; Laissez Faire | DO NOW TASK Recap lesson 1-6Student Booklet [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1%5CR053-LO1-Year%209%20Foundation.docx)Verbal FeedbackSelf-Assessment | [T:\P.E\CURRICULUM PLANNING\HOMEWORK\KS3 Everlearner Homework.xlsx](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5CHOMEWORK%5CKS3%20Everlearner%20Homework.xlsx) | Knowledge organiser/ Thursday Catch Up/ LSSP Leadership Academy/ | **DO NOW Recall**: Personal Qualities | All PPTs and resources for individual lessons [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1) |
| **8** | **LO1 – Why leaders have different leadership styles –** **ASSESSMENT** | **Knowledge:** Leadership Styles**Skill** – Analyse and evaluate. Apply knowledge and understanding**Key vocab –** Autocratic; Democratic; Laissez Faire | DO NOW TASK Recap lesson 1-7Student Booklet [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1%5CR053-LO1-Year%209%20Foundation.docx)Computer Assessment Task | [T:\P.E\CURRICULUM PLANNING\HOMEWORK\KS3 Everlearner Homework.xlsx](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5CHOMEWORK%5CKS3%20Everlearner%20Homework.xlsx) | Knowledge organiser/ Thursday Catch Up/ LSSP Leadership Academy/ | **Future Topic:** Comparing different leaders | All PPTs and resources for individual lessons [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1) |
| **9** | **LO1 – How sports leaders are different** | **Knowledge:** Comparing Leaders **Skill:** Analyse**;** Compare and Contrast**Key vocab:** Autocratic; Democratic; Laissez Faire; Confidence; Organisation; Initiative; Proactive | DO NOW TASK Recap lesson 1-8Student Booklet [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1%5CR053-LO1-Year%209%20Foundation.docx)Verbal FeedbackSelf-Assessment | [T:\P.E\CURRICULUM PLANNING\HOMEWORK\KS3 Everlearner Homework.xlsx](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5CHOMEWORK%5CKS3%20Everlearner%20Homework.xlsx) | Knowledge organiser/ Thursday Catch Up/ LSSP Leadership Academy/ | Comparing different leaders | All PPTs and resources for individual lessons [here](file:///T%3A%5CP.E%5CCURRICULUM%20PLANNING%5COPTION%20LESSONS%5COption%20Lessons%5CR053%20Sports%20Leadership%5CLO1) |