



Aspire Achieve Thrive

**Autumn Term
(Half Term 1 & 2)**

Sport

Year 10

Name: _____

Tutor: _____

Year 10 Homework Timetable

Monday	English Task 1	Ebacc Option A Task 1	Option C Task 1	
Tuesday	Sparx Science	Option B Task 1	Modern Britain Task 1	
Wednesday	Sparx Maths	Science Task 1	Option C Task 2	
Thursday	Ebacc Option A Task 2	Sparx Science	Option B Task 2	Sparx Maths
Friday	Modern Britain Task 2	Science Task 2	English Task 2	

Sparx Science

- Complete 100% of their assigned homework each week

Sparx Maths

- Complete 100% of their assigned homework each week

Option A (EBACC)
French
Geography
History

Option B
Art
Business Studies
Catering
Music
Sport
IT
Childcare
Triple Science
Travel and Tourism

Option C
Business Studies
Catering
Drama
Health & Social Care
Sport
Computer Science
Media
Photography
Sociology

Half Term 1 (6 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 2 11th September 2023	Cornell Notes on: Types and providers of sport and physical activities.	Question: Discuss three key differences between the public, private and voluntary sectors. (3)
Week 3 18th September 2023	Revision Cards on: Types of providers	Question: Kylie is 14 and has decided she wants to improve her fitness. She is deciding between joining her local gym or a local football team. Discuss the advantages of disadvantages of both options. (6)
Week 4 25th September 2023	Cornell Notes on: Types and needs of sport and physical activity participants and the benefits of taking part in sport.	Question: Simon would like to learn to surf. Discuss the benefits of outdoor activities for Simon. (4)
Week 5 2nd October 2023	Revision Cards on: The benefits of physical activity	Question: Discuss two barriers to participation. (4) Cost and access to facilities are two barriers to participation, discuss how they may be overcome. (4)
Week 6 9th October 2023	Cornell Notes on: Barriers to participation in sport and physical activity for different types of participant	Question: Taylor is a nurse. She works night shifts and is struggling to keep herself fit. Discuss one way of overcoming this time barrier. (4)
Week 7 16th October 2023	Revision Cards on: The barriers to participation in sport and physical activity.	Question: Ryan is a single parent. He wants to go to the gym but doesn't have anyone to look after his daughter. Discuss one way of overcoming this personal barrier. (4)

Half Term 2 (8 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 8 30th October 2023	Cornell Notes on: Methods to address barriers to participation in sport and physical activity for different types of participants.	Question: Identify the footwear required for a football player and why this specific footwear is required. (2)
Week 9 6th November 2023	Revision Cards on: The different types of sports clothing and equipment required for participation in sport and physical activity.	Question: Simon is a rugby player. Explain the clothing, footwear, sport-specific equipment and protective equipment he requires for this sport. (4)
Week 10 13th November 2023	Cornell Notes on: Different types of sports clothing and equipment required for participation in sport and physical activity.	Question: Discuss how video assisted decision making has benefitted football referees. (4)
Week 11 20th November 2023	Revision Cards on: The different types of technology and their benefits to improve sport and physical activity participation and performance.	Question: Discuss how 2 pieces of clothing have reduced injuries in a sport. (4)
Week 12 27th November 2023	Cornell Notes on: Different types of technology and their benefits to improve sport and physical activity participation and performance	Question: Discuss how performance analysis technology (GPS, action cameras, sensors) can improve sports performance. (4)
Week 13 4th December 2023	Revision Cards on: The different types of technology and their benefits to improve sport and physical activity participation and performance.	Question: Discuss how performance analysis technology (GPS, action cameras, sensors) have benefitted sports coaches. (4)
Week 14 11th December 2023	Cornell Notes on: Different types of technology and their benefits to improve sport and physical activity participation and performance.	Question: Identify four responses of the cardiorespiratory system to the pulse raising stage of a warm up. (4)

<p>Week 15 18th December 2023</p>	<p>Revision Cards on: Performance analysis equipment.</p>	<p>Question: Identify four responses of the musculoskeletal system to the pulse raising stage of a warm up. (4)</p>
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Knowledge Organiser

Year 10 Sport	
Week 2 - Types and providers of sport and physical activities	Week 4 - Types and needs of sport and physical activity participants and the benefits of taking part in sport.
<p>Provision of sport and physical activity:</p> <ul style="list-style-type: none"> ● Public sector to include local authorities and school provision ● Private sector – provided by organisations who aim to make a profit ● Voluntary sectors – activities provided by volunteers who have a common interest in the sport /activity. <p>Public sector funded facilities are paid for by national and local government out of taxes and National Lottery funding. They can be found throughout the country, e.g. the Life Centre.</p> <ul style="list-style-type: none"> ● They are available for everyone to use and are relatively cheap. ● They include sports/leisure centres, swimming pools and outdoor pitches. ● Some schools share facilities with the local authority for lessons and extra-curricular activities. <p>Private sector funded facilities are set up by private companies that try to make a profit. They are often members-only clubs. Members pay fees to join and use the facilities, e.g. Nuffield Health Gyms.</p> <ul style="list-style-type: none"> ● They are likely to be more expensive ● They include sports/fitness clubs, golf and tennis clubs ● Some schools pay to use private sports clubs for lessons and extra-curricular activities <p>The voluntary sector is by far the largest sector in terms of numbers of people involved. It provides most of the sport in this country through volunteers who enjoy sport and want to develop their club or team. Examples include local clubs that meet in the evenings or at weekends, such as football teams, swimming clubs and basketball teams.</p> <ul style="list-style-type: none"> ● Voluntary sector clubs and teams usually cover their costs by collecting subscriptions ('subs') each week or having an annual membership fee. ● They do not normally own their facilities but rent them from local councils or private organisations. 	<p>Benefits of taking part in sport – improve fitness, meet new people, develop leadership skills, learn teamwork skills, resilience and self confidence from competition.</p> <p>Benefits of taking part in outdoor activities – positive risk taking activities, improved self confidence and self esteem, meet new people, learn new skills, time away from life stresses and electronic devices.</p> <p>Benefits of taking part in physical activities – meet new people, set fitness goals, improve confidence, improve body composition, improve physical health.</p> <p>Types and needs of sport and physical activity participants Types of participants. Participants of different ages:</p> <ul style="list-style-type: none"> ● primary school aged children (aged 5–11 years) ● adolescents (aged 12–17 years) ● adults (aged 18–49 years) ● older adults (aged 50 years and up) <p>Benefits of physical activity:</p> <ul style="list-style-type: none"> ● Physical health needs – improve fitness, body composition, sleep, immunity to help prevent illness, symptoms of long-term health conditions. ● Social health needs – meet new people, make friends, have fun, develop leadership and team working skills, decrease loneliness. ● Mental health needs – decrease stress levels, improve work life balance, decrease risk of depression, improve mood, increase self-confidence and self-esteem.

Week 6 - Barriers to participation in sport and physical activity for different types of participant	Week 8 - Methods to address barriers to participation in sport and physical activity for different types of participant
<p>Cost of participation:</p> <ul style="list-style-type: none"> ● clothing ● equipment ● transport <p>Access to sport or physical activity:</p> <ul style="list-style-type: none"> ● location of sport or physical activity ● limited accessible transportation ● resources ● types of sport or physical activity available <p>Time – lack of time due to other commitments:</p> <ul style="list-style-type: none"> ● family ● school ● work <p>Personal barriers:</p> <ul style="list-style-type: none"> ● body image ● lack of self-confidence ● parental or guardian influence ● limited previous participation ● low fitness levels ● extended time off from previous participation ● concerns that taking part in sport or physical activity may make existing health conditions worse <p>Cultural barriers:</p> <ul style="list-style-type: none"> ● single sex sport or physical activity sessions ● social norms of participating in unconventional clothing and availability of appropriate clothing to participate ● lack of role models from one's own cultural background 	<p>Cost:</p> <ul style="list-style-type: none"> ● discounted pricing ● hiring of equipment ● free car parking <p>Access:</p> <ul style="list-style-type: none"> ● public transport discounts ● cycle hire to access the facility ● free parking ● taster days ● staff training to support all types of participant and their needs ● increased range of provision of sports and physical activities ● ramps ● assistive technology to include pool hoist, Braille information and signage, hearing loops <p>Time:</p> <ul style="list-style-type: none"> ● creche facilities ● extended opening hours <p>Personal barriers:</p> <ul style="list-style-type: none"> ● private changing rooms ● allowing participants to wear clothing they feel most comfortable in ● use of variety of images of people with different body shapes ● parent and child activity sessions to create familial culture of sport ● campaigns to increase participation <p>Cultural barriers:</p> <ul style="list-style-type: none"> ● women only physical activity sessions staffed by females ● diversity of staff working at sport or physical activity facility ● staff training in cultural awareness.

Year 10 Sport

Week 10 - Different types of sports clothing and equipment required for participation in sport and physical activity

Different types of sports clothing and equipment and their uses for participation in different types of sports and physical activities.

- Clothing – sports kit, waterproof clothing, training clothing, e.g. bibs.
- Footwear – trainers, studded boots, sport specific footwear.
- Sport-specific equipment – participation equipment, e.g. balls, rackets; travel related equipment, e.g. kayak; scoring equipment, e.g. goalposts; fitness training equipment, e.g. dumbbells.
- Protection and safety equipment – mouth protection, head protection, eye protection, body protection, floatation devices; first aid equipment – ice packs, bandages, defibrillator.
- Equipment for people with disabilities or assistive technology – wheelchair, e.g. adapted wheelchair for wheelchair tennis.
- Facilities – indoor facilities, e.g. sports halls, gyms; outdoor facilities, e.g. outdoor pitches, climbing wall, artificial snow domes.
- Officiating equipment – whistle, microphone, earpiece.
- Performance analysis – smart watches, heart rate monitors, applications

Week 12 - Different types of technology and their benefits to improve sport and physical activity participation and performance

Different types of technology and its use in sport and physical activity to improve performance and participant experience.

- Clothing to increase performance and experience – improved thermoregulation, clothing designed to improve aerodynamics.
- Footwear – sport-specific new designs or materials; improve grip; rebound.
- Sport-specific equipment – new materials for lightness and strength to include composite materials, e.g. a tennis racquet; new design of equipment to improve performance, e.g. golf driver design.
- Protection and safety equipment – improved protection design; lighter weight; improved performance, e.g. shape of cycle helmets to improve aerodynamics

Week 14 - Different types of technology and their benefits to improve sport and physical activity participation and performance

- Equipment for people with disabilities or assistive technology – prosthetics; sport-specific wheelchairs; equipment to support people with visual and hearing impairments.
- Facilities – facilities that simulate environments to replicate competition in other locations; all weather surfaces; surfaces to reduce the risk of injury.
- Officiating – computer assisted systems; video assisted decision making.
- Performance analysis – action cameras, GPS, applications, sensors on sports clothing or equipment.

STEP 2: CREATE CUES

What: Reduce your notes to just the essentials.

What: Immediately after class, discussion, or reading session.

How:

- Jot down key ideas, important words and phrases
- Create questions that might appear on an exam
- Reducing your notes to the most important ideas and concepts improves recall. Creating questions that may appear on an exam gets you thinking about how the information might be applied and improves your performance on the exam.

Why: Spend at least ten minutes every week reviewing all of your previous notes. Reflect on the material and ask yourself questions based on what you've recorded in the Cue area. Cover the note-taking area with a piece of paper. Can you answer them?

STEP 1: RECORD YOUR NOTES

What: Record all keywords, ideas, important dates, people, places, diagrams and formulas from the lesson. Create a new page for each topic discussed.

When: During class lecture, discussion, or reading session.

How:

- Use bullet points, abbreviated phrases, and pictures
- Avoid full sentences and paragraphs
- Leave space between points to add more information later

Why: Important ideas must be recorded in a way that is meaningful to you.

STEP 3: SUMMARISE & REVIEW

What: Summarise the main ideas from the lesson.

What: At the end of the class lecture, discussion, or reading session.

How: In complete sentences, write down the conclusions that can be made from the information in your notes.

Why: Summarising the information after it's learned improves long-term retention.

WEEK 2: Cornell Notes (Homework task 1)

Date / /	Topic:	Revision guide page:
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links Questions	Notes

Summary

WEEK 4: Cornell Notes (Homework task 1)

Date / /	Topic:	Revision guide page
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links Questions	Notes

Summary

WEEK 6: Cornell Notes (Homework task 1)

Date / /	Topic:	Revision guide page
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links	Notes
Questions	

Summary

WEEK 8: Cornell Notes (Homework task 1)

Date / /	Topic:	Revision guide page
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links	Notes
Questions	

Summary

WEEK 10: Cornell Notes (Homework task 1)

Date / /	Topic:	Revision guide page
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links Questions	Notes

Summary

WEEK 12: Cornell Notes (Homework task 1)

Date / /	Topic
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WEEK 14: Cornell Notes (Homework task 1)

Date / /	Topic:	Revision guide page
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links Questions	Notes

Summary

Week 3

Revision Card on	Answers
<ol style="list-style-type: none"><li data-bbox="236 237 635 271">1. The public sector includes:<li data-bbox="236 378 635 412">2. The private sector aims to:<li data-bbox="236 519 683 553">3. The voluntary sector is run by:	



Week 5

Revision Card on	Answers
<ol style="list-style-type: none"><li data-bbox="229 920 647 954">1. Physical health benefits are:<li data-bbox="229 1039 619 1072">2. Social health benefits are:<li data-bbox="229 1158 627 1191">3. Mental health benefits are:	



Week 7

Revision Card on	Answers
<ol style="list-style-type: none"><li data-bbox="236 1554 799 1621">1. Which topics are included in the cost of participation barriers?<li data-bbox="236 1659 804 1727">2. Which topics are included in the access to sport or physical activity barriers?<li data-bbox="236 1765 767 1832">3. Which topics are included in the time constraint barriers?<li data-bbox="236 1870 703 1937">4. Which topics are included in the personal barriers?<li data-bbox="236 1975 756 2042">5. Which topics are included in cultural barriers?	

Week 9

Revision Card on	Answers
<ol style="list-style-type: none"><li data-bbox="236 237 810 304">1. Different types of sport specific footwear includes:<li data-bbox="236 416 791 483">2. Different types of protection and safety equipment includes:<li data-bbox="236 595 687 629">3. Officiating equipment includes:	



Week 11

Revision Card on	Answers
<ol style="list-style-type: none"><li data-bbox="229 985 715 1052">1. The benefits of technology on the production of footballs are:<li data-bbox="229 1142 715 1209">2. The benefits of technology on the production basketball shoes are:<li data-bbox="229 1299 715 1366">3. The benefits of technology on the production of cricket helmets are:	



Week 13

Revision Card on	Answers
4. The benefits of technology on the production of tennis rackets are: 5. The benefits of technology on the production cycle helmets are: 6. The benefits of technology on the production of prosthetics and wheelchairs are:	



Week 15

Revision Card on	Answers
Describe performance analysis equipment for: Football Running Netball Rounders	

Aspire
ACHIEVE
Thrive

Develop your character



Aspire | Achieve | Thrive