



Aspire Achieve Thrive

Summer Term
(Half Term 5 & 6)

Sport

Year 10

Name: _____

Tutor: _____

Year 10 Homework Timetable

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

Tassomai - 2 Daily Goals per week

Sparx - 4 tasks of Sparx per week

Option A (EBACC)
French
Geography
History

Open B
Art
Business Studies
Catering
Computer Science
History
Health & Social Care
Music
Sport
IT

Open C
Business Studies
Childcare
Catering
Drama
Geography
Health & Social Care
Triple Science
Sport

Year 10 - Homework Plan Subject

Week/Date	Homework Task	Examination Question
Week 1 April 17th	Pearson Set Assignment Task 3 Preparation	Pearson Set Assignment Task 3 Preparation
Week 2 April 24th	Revision Cards on the components of physical and skill related fitness	Why is flexibility important for a gymnast to be successful? (3) Why is power important for a basketball player to be successful? (3)
Week 3 May 1st	Cornell Notes on the types of skills.	Describe how tennis uses basic and complex skills. (4)
Week 4 May 8th	Revision Cards on the components of physical and skill related fitness	Describe how netball uses basic and complex skills. (4)
Week 5 May 15th	Cornell Notes on strategy in sport	Describe how strategy could be useful in a 2 different sports (4)
Week 6 May 22nd	Revision Cards on the components of physical and skill related fitness	Give 2 reasons why strategy may need to be adapted during sport. (2)
Week 7 June 5th	Cornell Notes on isolated practices	What are isolated practices? (1) Why would isolated practices be used by a coach? (2)
Week 8 June 12th	Revision Cards on the components of physical and skill related fitness	Why is it important to make practices competitive? (2)
Week 9 June 19th	Cornell Notes on key officials in sport	What are the roles of a referee/umpire and how would an assistant support them? (3)
Week 10 & 11 June 26th and July 3rd	Assessment Week Revision Revision Cards on the components of physical and skill related fitness	What are the key duties of an assistant official? (3)
Week 12 July 10th	Cornell Notes on key officials in sport	What are the roles of a third/fourth official? (2)
Week 13 July 17	Revision Cards on the types of duties officials in sport have.	What are the key duties of judges and timekeepers?? (4)

Year 10 Sport	
Week 2 - Components of Fitness	Weeks 3-4 - Skills
<p>Components of Physical Fitness</p> <ul style="list-style-type: none"> • Aerobic endurance – the ability of the cardiorespiratory system to supply oxygen and nutrients to the muscles to sustain low to medium intensity work to delay fatigue. • Muscular endurance – the ability of the muscular system to continue to contract at a light to moderate intensity to allow repetitive movements throughout a long event or game. • Muscular strength – the maximum force that can be generated by a muscle or muscle group to improve forceful movements within an activity. • Speed – distance divided by time to reduce time taken to move the body or a body part in an event or game. • Flexibility – the range of motion possible at a joint to allow improvements in Technique. • Body composition – the relative ratio of fat mass to fat-free mass in the body allowing variation in body composition dependent on the sport. <p>Components of skill-related Fitness</p> <ul style="list-style-type: none"> • Power – the product of speed and strength to allow for explosive movements in sport. • Agility – the ability to change direction quickly to allow performers to outmanoeuvre an opponent. • Reaction time – the time taken between a stimulus and the start of a response, useful in fast-paced sports to make quick decisions about what to do. • Balance – the ability to maintain centre of mass over a base of support, useful to maintain positions in performance sports (static balance) or when on the move in any other sporting situation (dynamic balance). • Coordination – the ability to move two or more body parts at the same time smoothly and efficiently, to allow effective application of technique. 	<p>Skills</p> <p>Skills are the expertise or talent that are needed to perform a sport. Each sport and physical activity requires a different set of skills to be able to participate, although there may be similarities. Skills have many characteristics that will change depending on the complexity, environment and pace at which the skill is being carried out.</p> <p>Basic Skills</p> <p>Basic, or simple skills, are often generic to many sports and only have a small number of parts. Athletes need to master basic skills before they attempt more complex skills, as basic skills form the foundation of complex skills. Examples of basic skills are catching, sprinting, jumping or throwing.</p> <p>Complex Skills</p> <p>Complex skills are more difficult. They are complicated movements made up of many parts or several basic skills. Complex skills are normally more sport specific. Examples of complex skills are a tennis serve, kicking a conversion in rugby or a lay-up shot in basketball.</p> <p>Mental skills,</p> <p>Such as decision-making, judgement and interpretation, are also needed in sport. The more mental skills needed to carry out a movement, the more complex the skill becomes.</p> <p>For example, when returning a shot in tennis the athlete must judge the best shot based on the speed and position of the ball and also where their opponent is.</p> <p>Self-paced and externally paced skills</p> <p>Pacing refers to the participant's control over the timing of performing the skill.</p> <ul style="list-style-type: none"> •Self-paced skills are where the athlete determines the time and pace of executing the skill. •Externally paced skills are where factors external to the athlete determine the timing of execution of the skill.

Weeks 5-6 - Strategy in sport	Weeks 7-8 - Isolated Practices and competitive situations																																						
<p>You may put in place a strategy for how to use tactics and decision-making to achieve a long-term or overall aim like winning a tournament. You may then select and perform appropriate strategies during competitive situations, helping you to accomplish the overarching aims.</p> <p>Why are strategies useful?</p> <p>Strategies and tactics help coaches and athletes to maximise their chances of success. Which in sport means winning. They can include aspects such as the way to play, where they should be at a particular time and what to do. For example, a football coach will need to consider which set play to use at a corner during a football match. The purpose of strategies and tactics is to assess and apply different ways to gain an advantage over an opponent.</p> <p>Pre-planning</p> <p>Strategies and tactics may be employed during competitive situations, or they may be pre-planned. Developing strategies involves assessing a number of aspects. These can include the strengths and weaknesses of the opponent, the strengths and weaknesses of the team or player, the importance of the match, and even the weather. The technical and tactical skills that are going to be needed can then be identified and plans can be made to ensure the athlete or team is well prepared.</p> <p>Adapting strategies</p> <p>Although strategies and tactics may be pre-planned or rehearsed, athletes also need to be able to adapt or change them during a performance, depending on how the play is going. This requires good interpretation, problem solving and decision-making skills; for example, a distance runner may change their normal tactic of leading the race from the front to sitting behind another runner in order to pace themselves and leave enough energy to sprint finish</p>	<p>The type of practice chosen has a major influence on the development of sport skills. The traditional approach to teaching or breaking down a sport is to perform practices or drills that focus on one skill at a time. This is called isolated practice. This type of practice is ideal for skills that are always performed in the same way, as it allows for the technique and motor sequence to be perfected.</p> <p>In isolated practices. the situation does not change, the equipment stays the same and the routine is repeated until it becomes automatic. There are no opponents and players have no environmental factors to respond to so no decisions to make.</p> <table><tr><td colspan="2">Advantages</td><td colspan="3">Disadvantages</td></tr><tr><td colspan="2">No need to worry about an opponent</td><td colspan="3">Not realistic</td></tr><tr><td colspan="2">Can focus on the skill and practice</td><td colspan="3" rowspan="2">Can't practise judgement, interception or decision making</td></tr><tr><td colspan="2">Removes complex situations</td></tr><tr><td colspan="2">Easy way to introduce a sport</td><td colspan="3" rowspan="2">Can become boring</td></tr><tr><td colspan="2">Good for restricted space</td></tr></table> <p>Competitive situations</p> <p>Learning a sports skill is the first step in the process of being able to participate in a sport. If the main strategy is to win, then it will not be enough for the athlete to just be technically excellent. They need to be able to apply and perform these skills in competition conditions.</p> <table><tr><td>Making practices more competitive</td><td>Increase the stakes - add pressure</td><td>Invite an audience</td><td>Analysis of performance</td><td>Mock or friendly competitions</td></tr><tr><td>Making competition more like practice</td><td>Familiarise yourself with the surroundings</td><td>Keep behaviour consistent</td><td>Consistent self talk</td><td>Optimum energy levels</td></tr></table>					Advantages		Disadvantages			No need to worry about an opponent		Not realistic			Can focus on the skill and practice		Can't practise judgement, interception or decision making			Removes complex situations		Easy way to introduce a sport		Can become boring			Good for restricted space		Making practices more competitive	Increase the stakes - add pressure	Invite an audience	Analysis of performance	Mock or friendly competitions	Making competition more like practice	Familiarise yourself with the surroundings	Keep behaviour consistent	Consistent self talk	Optimum energy levels
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Weeks 9-10 - Key Officials in Sport	Weeks 11-12 - Key officials in Sport
<p>Officials - Control how a sports match or fixture is played and administer the rules in sport. An official is someone who manages the play of a competition and ensures the rules and laws of the sport are followed correctly. This is to make sure the sporting fixture is conducted fairly, in accordance with the rules and in a safe environment.</p> <p>Referee/umpire Generally, the role of a referee or umpire overlaps. They are both officials who watch match or game closely to ensure all players follow the rules and regulations and force these rules to maintain fair game play. They ensure that all of the rules for (w) of the game are followed by the participants. This includes making a decision on whether an act is legal or not, according to the sporting rules.</p> <p>Examples of sports that use a referee are:</p> <ul style="list-style-type: none"> • football, rugby, boxing, snooker, basketball, ice hockey, lacrosse and wrestling. <p>Examples of sports that use an umpire are:</p> <ul style="list-style-type: none"> • hockey, tennis, cricket, sailing, badminton, netball, rowing and baseball. <p>Good referees and umpires are knowledgeable on the rules, confident in their ability and decisive in applying the rules. They must be clear, calm, communicate well and not allow players to question their decisions.</p> <p>Assistant referee In association football, there are two assistant referees, whose role it is to support the referee with decisions. They assist the referee in controlling the match in accordance with the rules of the game; however, the final decision lies with the referee. Their responsibilities are to indicate when:</p> <ul style="list-style-type: none"> • the ball leaves the field of play and which team is entitled to a corner kick, goal kick or throw-in • a player is in an offside position • a substitution request has been made and monitor the procedure • at penalty kicks, if the goalkeeper moves off the goal line before the ball is kicked and if the ball has crossed the line. 	<p>Line umpire Tennis has a number of line umpires who work on court as part of a team. Each line umpire is assigned to one line or a position on court and makes decisions on all shots relating to their assigned line. Line umpires are a mandatory requirement for professional tennis games</p> <p>Third/fourth umpire The third umpire or official is common in sports. In football, there is a fourth official who manages the technical area and displays substitutions. In cricket, the third umpire is off-field and monitors video replays for no balls, dismissals and boundaries. The officials are essential for the smooth running and management of sports.</p> <p>A number of key officials are needed to help maintain standards of play.</p> <p>Judges Some sports use judges to officiate. Sports such as track running events and tennis, are clear cut and not subjective. The fastest runner is the fastest, or the player that scores the most points scored is the winner. However, some sports are subjective, such as gymnastics and diving. In these sports, a number of judges will sit on a panel and make decisions together on the score to be awarded. Other sports that have Judges include archery, showjumping, boxing, judo, figure skating and fencing.</p> <p>Starters In sports such as swimming and athletics, the starter has a pivotal role in the race. The starter informs the participants to get into position, when the race is nearly ready, and when to start. They also monitor false starts and provide sanctions for athletes who false start or break rules. This is to ensure the rules are adhered to by all participants and no one gets an unfair advantage.</p> <p>Timekeepers Many sports have a restriction on the amount of time allocated to a match or competitive situation. The timekeeper has the sole responsibility to stop and start the clock. The role of the timekeeper is to measure the duration of the game, the intervals of play, the rest periods, and to start and stop the clock at various stages, ensuring accurate time is kept. Depending on the sport, these stoppages may be for injury, substitutions, when the ball goes out of play or for time outs.</p>

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 1: Cornell Notes (Homework task 1)

Date / /	Topic: Pearson Set Assignment Task 3 Preparation	Revision guide page:
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links Questions	Notes

Summary

WEEK 2: Exam Question (Homework task 2)

Date.....

Question:

Why is flexibility important for a gymnast to be successful? (3)

Why is power important for a basketball player to be successful? (3)

Answer:

WEEK 2: Exam Question review and improvement (Classwork)

Question:

Why is flexibility important for a gymnast to be successful? (3)

Why is power important for a basketball player to be successful? (3)

Answer:

WEEK 3: Cornell Notes (Homework task 1)

Date / /	Topic: Types of skills	Revision guide page
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links Questions	Notes

Summary

WEEK 3: Exam Question (Homework task 2)

Date.....

Question: Describe how tennis uses basic and complex skills. (4)

Answer:

WEEK 3: Exam Question review and improvement (Classwork)

Question: Describe how tennis uses basic and complex skills. (4)

Answer:

WEEK 4: Exam Question (Homework task 2)

Date.....

Question: Describe how netball uses basic and complex skills. (4)

Answer:

WEEK 4: Exam Question review and improvement (Classwork)

Question: Describe how netball uses basic and complex skills. (4)

Answer:

WEEK 5: Cornell Notes (Homework task 1)

Date / /	Topic: Strategy in sport	Revision guide page
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links	Notes
Questions	

Summary

WEEK 5: Exam Question (Homework task 2)

Date.....

Question: Describe how strategy could be useful in a 2 different sports (4)

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

Question: Describe how strategy could be useful in a 2 different sports (4)

Answer:

WEEK 6: Exam Question (Homework task 2)

Date.....

Question: Give 2 reasons why strategy may need to be adapted during sport. (2)

Answer:

WEEK 6: Exam Question review and improvement (Classwork)

Question: Give 2 reasons why strategy may need to be adapted during sport. (2)

Answer:

WEEK 7: Cornell Notes (Homework task 1)

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

Summary

WEEK 7: Exam Question (Homework task 2)

Date.....

Question: What are isolated practices? (1)

Why would isolated practices be used by a coach? (2)

Answer:

WEEK 7: Exam Question review and improvement (Classwork)

Question: What are isolated practices? (1)

Why would isolated practices be used by a coach? (2)

Answer:

WEEK 8: Exam Question (Homework task 2)

Date.....

Question: Why is it important to make practices competitive? (2)

[illegible]

WEEK 8: Exam Question review and improvement (Classwork)

Question: Why is it important to make practices competitive? (2)

Answer:

WEEK 9: Cornell Notes (Homework task 1)

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

Summary

WEEK 9: Exam Question (Homework task 2)

Date.....

Question: What are the roles of a referee/umpire and how would an assistant support them? (3

[illegible]

WEEK 9: Exam Question review and improvement (Classwork)

Question: What are the roles of a referee/umpire and how would an assistant support them? (3

[illegible]

WEEK 10: Assessment Week Revision (Homework task 1)

Date / /	Topic
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[illegible]

WEEK 10: Assessment Week Revision (Homework task 2)

Date / /	Topic
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[illegible]

WEEK 11: Assessment Week Revision (Homework task 1)

Date / /	Topic
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[illegible]

WEEK 11: Assessment Week Revision (Homework task 2)

Date / /	Topic
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[illegible]

WEEK 12: Cornell Notes (Homework task 1)

Date / /	Topic: Key officials in sport	Revision guide page
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links	Notes
Questions	

Summary

WEEK 12: Exam Question (Homework task 2)

Date.....

Question: What are the roles of a third/fourth official? (2)

Answer: _____

WEEK 12: Exam Question review and improvement (Classwork)

Question: What are the roles of a third/fourth official? (2)

Answer: _____

WEEK 13: Exam Question (Homework task 2)

Date.....

Question: What are the key duties of judges and timekeepers?? (4)

[illegible]

WEEK 13: Exam Question review and improvement (Classwork)

Question: What are the key duties of judges and timekeepers?? (4)

[illegible]

Week 2

Revision Card on	Answers

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Week 4

Revision Card on	Answers

.....✂.....

Week 6

Revision Card on	Answers

Week 8

Revision Card on	Answers

.....✂.....

Week 10

Revision Card on	Answers

.....✂.....

Week 13

Revision Card on	Answers

Aspire (ACHIEVE) Thrive

Develop your character



Aspire Achieve Thrive