

Sports Leaders Award Yr10 Learning Overview

Autumn Term Yr10	Spring Term Yr10	Summer Term Yr10
<p>Topic Communication skills Teamwork Role Models Healthy lifestyle Skill progression Match play</p> <p>Focus Speaking clearly Body language Confidence building Positive role models Negative role models Exercise Diet More challenging skills</p>	<p>Topic Roles of the official Human Health/ Muscles of the body.</p> <p>Focus Referees, Umpires and Officials Importance of rules Muscles of the body</p>	<p>Topic Write up lesson plans Practical practice on: - Warm ups - Cool downs Qualities of a leader Organisation skills.</p> <p>Focus Importance of warm ups Static and dynamic stretches Warm up games Working as a group Tackle issues together Equipment, Split into teams Organise a match by themselves</p>
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