

## **Sports Leaders Award Yr10 Learning Overview**

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