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| **L1/2 Cambridge National in Sports Studies**  **RO52: Developing Sports Skills – LO4** | **Unit Navigator** | | | |
| In this unit you will develop your skills, techniques and tactics in team and individual sports. The aims are as follows:  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | | | | |
| Assessment Grades |  | | | |
| **Lesson Title.** | **Learning Goals/Outcomes/Content** |  |  |  |
| **1. Evaluating performance** | LG2 – To be able to evaluate own performance and identify 3 strengths and 3 areas for improvement  LG3 – To justify and provide reasoning and impact of the strengths and areas for improvement |  |  |  |
| 2.  **Classifications of skill** | LG1 - To know the different classifications of skill  LG2 – To be able to place key skills on the simple/complex and open/closed continuums. |  |  |  |
| **3. Practice methods** | LG1 - To know the types of practice that can be used to improve performance  LG2 - To be able to give examples of practices that could be used to improve their performance  LG2 – To be able to design a skill practice to improve performance |  |  |  |
| 4.  **Leading skill practices** | LG3 - To demonstrate the leading of a skill practice for a selected group of peers |  |  |  |
| 5.  **Leading skill practices** | LG3 - To demonstrate the leading of a skill practice for a selected group of peers |  |  |  |
| **6. Assignment completion** | LG3 – To demonstrate knowledge of practice methods in completing assignment 3 part 1 |  |  |  |
| **7. Assignment completion** | LG3 – To demonstrate knowledge of practice methods in completing assignment 3 part 1 |  |  |  |
| **8. Measuring Improvements** | LG1 – To know how to measure improvement in skills, techniques and strategies developed.  LG2 – To be able to give specific examples of how to use methods of measuring improvement in their selected sport. |  |  |  |
| **9. Assignment completion** | LG3 – To demonstrate knowledge of methods of measuring improvement in completing assignment 3 part 2 |  |  |  |

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**Links:**

LG1: Basic knowledge of skills, how they are categorised and the methods that can be used to improve these. Also, how improvements in them can be measured, will also help other topics and units e.g. Outdoor and Adventurous Activities Unit.

LG2: Applying examples of specific skills from their chosen sports to skill classification, continuum, practice methods and improvement measures. Also including self evaluation, will help to make improvements to performances for LO1 and LO2.

LG3: Being able to demonstrate knowledge of the practice methods and methods of measuring improvement to assess higher marks in the written assignment.