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| **L1/2 Cambridge National in Sports Studies Unit RO52: Developing Sports Skills – LO1** | **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. To know the skills, techniques and tactics used in selected individual sports.****Intro to key components of individual performance** | LG1 – To know what a skill or technique is. LG2 – To be able to give examples of skills and techniques from individual sports. LG1 - To know the names of the 5 key components of performanceLG 2 - To be able to give practical examples of each component from an individual sport |  |  |  |
| 2.  **Performing key skills and techniques from an individual sport** | LG1 – To know how to perform key skills from an individual sport LG2 – To be able to break the skills down into individual coaching pointsLG3 – To demonstrate how to perform the key skills accurately |  |  |  |
| **3. Designing and leading skill practices** | LG2 - To be able to create skill practices for selected individual skillsLG3 - To demonstrate the leading of a skill practice for a selected group of peers |  |  |  |
| 4.  **Tactics and strategies** | LG1 - To know what a tactic or strategy isLG2– To be able to give examples of tactics from individual sportsLG1 – To know how to perform key tactics from an individual sport |  |  |  |
|  **5. Performing tactics and strategies from an individual sport** | LG2 - To be able to use a tactic or strategy in an individual sport LG3 – To demonstrate the tactic being used effectively in a game situation |  |  |  |
|  **6. Creativity and decision making** | LG1 - To know what creativity and decision making areLG2 – To be able to identify creativity and the use of decision making in others’ performances |  |  |  |
|  **7. Performing using creativity and decision making** | LG3 – To demonstrate creativity in performanceLG3 – To demonstrate decision making has taken place in shot selection and tactics used |  |  |  |
|  **8. Managing and maintaining own performance** | LG1 - To know what managing and maintaining own performance involvesLG2 – To be able to identify other performers who maintain their own performance well |  |  |  |
|  **9. Managing and maintaining own performance** | LG3 – To demonstrate the maintenance of own performance in game situations  |  |  |  |
| **10. Creating evidence**  | LG2 – to be able to identify skills, tactics, creativity and well-maintained self performance.LG3 – to demonstrate knowledge of each of these in completing assignment 1 |  |  |  |

**Links:**

LG1: Basic knowledge of 5 key components of performance. What they are and why they are important for effective performance with also link to skills learnt in Outdoor and Adventurous Activity Unit.

LG2: Applying the key skills to practical situations, being able to give specific examples and identifying them in performance helps with a greater understanding.

LG3: Being able to perform and demonstrate the key components helps to access the higher marks for the LO1 component of the unit.