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| **L1/2 Cambridge National in Sports Studies Unit RO56: Developing Skills and Knowledge in Outdoor Activities** | **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. Outdoor Activities and providers** | LG1 – To know the definition of an outdoor activityLG1 – To know what provision of outdoor activities exists in the UKLG2 – To apply knowledge of outdoor activities to give specific examples |  |  |  |
| **2**.  **National Centres and voluntary organisations** | LG1 – To know the National Sports Centres in the UKLG1 – To know what voluntary organisations do to help participation in outdoor activitiesLG2 – To apply knowledge of outdoor activity providers to give specific examples of what they offer and how to get involved |  |  |  |
| **3 – 9. Completion of assignment 1** | LG3 – To demonstrate effective knowledge and understanding of outdoor activities and their provision to complete Assignment 1.  |  |  |  |
| **10-11. Benefits of participating in outdoor activities** | LG1 – To know the general benefits of participating in outdoor activities |  |  |  |
| **12-13. Skill development through outdoor activities** | LG1 – to know how participating in outdoor activities can help skill developmentLG2 – to apply knowledge of skills to explain how they are developed using examplesLG3 – to demonstrate a good understand of the reasons why the skills are valuable to the individual |  |  |  |
| **14-17. Completion of assignment 2** | LG3 – To demonstrate effective knowledge and understanding of the value of participating in outdoor activities to complete Assignment 2.  |  |  |  |
| **18-19. Key considerations to make when planning an outdoor activity** | LG1 – to know why health and safety and personnel are important factors to consider in planning an outdoor activity.LG2 – to apply this knowledge to explain why they are important using examples. |  |  |  |
| **20-21. Key considerations to make when planning an outdoor activity** | LG1 – to know why the Adventure Activities Licensing Authority and clothing and equipment are important factors to consider in planning an outdoor activity.LG2 – to apply this knowledge to explain why they are important using examples |  |  |  |
| **22-23. Key considerations to make when planning an outdoor activity** | LG1 – to know why location and supplies are important factors to consider in planning an outdoor activity.LG2 – to apply this knowledge to explain why they are important using examples. |  |  |  |
| **24-25. Key considerations to make when planning an outdoor activity** | LG1 – to know why emergency procedures and contingency plans are important factors to consider in planning an outdoor activity.LG2 – to apply this knowledge to explain why they are important using examples. |  |  |  |
| **26-27. Key considerations to make when planning an outdoor activity** | LG1 – to know why shelter, weather forecasts and timing are important factors to consider in planning an outdoor activity.LG2 – to apply this knowledge to explain why they are important using examples. |  |  |  |
| **28. Hazards to be aware of when planning outdoor activities** | LG1 – to know what hazards need to be thought about when planning an outdoor activity. LG1 – to know why inappropriate supervision and poor/incorrect equipment are hazards that would need to be avoided in planning an outdoor activity.LG2 – to apply this knowledge to give examples of what could happen if these hazards were to occur.  |  |  |  |
| **29. Hazards to be aware of when planning outdoor activities** | LG1 – to know why unforeseen weather conditions and illness or injury are hazards that would need to be avoided in planning an outdoor activity.LG2 – to apply this knowledge to give examples of what could happen if these hazards were to occur.  |  |  |  |
| **30. Hazards to be aware of when planning outdoor activities** | LG1 – to know why poor organisation and getting lost are hazards that would need to be avoided in planning an outdoor activity.LG2 – to apply this knowledge to give examples of what could happen if these hazards were to occur.  |  |  |  |
| **31. Hazards to be aware of when planning outdoor activities** | LG1 – to know why unstable terrain and animals and insects are hazards that would need to be avoided in planning an outdoor activity.LG2 – to apply this knowledge to give examples of what could happen if these hazards were to occur.  |  |  |  |
| **32-36. Completion of assignment 3** | LG3 – To demonstrate effective knowledge and understanding of the key considerations and hazards that exist when planning outdoor activities to complete Assignment 3.  |  |  |  |
| **37. Care, use of equipment and safe practice** | LG1 – To know the purpose and use of activity specific equipment.LG2 – To apply knowledge to give examples of how to use it and store it safely.LG2 – To apply knowledge to explain why instructions and the wearing of specific clothing needs to be followed. |  |  |  |
| **38. Use of communication and decision-making skills** | LG1 – To know ways to demonstrate these skills.LG2 – To apply the skills to a specific outdoor activity situation. |  |  |  |
| **39. Use of team working and problem-solving skills** | LG1 – To know ways to demonstrate these skillsLG2 – To apply the skills to a specific outdoor activity situation |  |  |  |
| **40-42. Practical Participation in outdoor activities** | LG3 – To demonstrate knowledge and skills during outdoor activities |  |  |  |
| **43-47. Completion of assignment 4** | LG3 – To demonstrate knowledge and skills during outdoor activities to complete Assignment 4.  |  |  |  |

**Links:**

LG1: Basic knowledge of outdoor activities and provision links to other units and topics such as skills, techniques and tactics in practical performance.

LG2: Applying the basic knowledge of the key topics to specific sporting examples helps with a greater understanding and developing higher level explanations in assignments.

LG3: Being able to demonstrate knowledge of the key topics allows for evaluation, comparison and analysis to access the higher marks in the assignments.