

Year 11

Sport Education

Learning Booklet

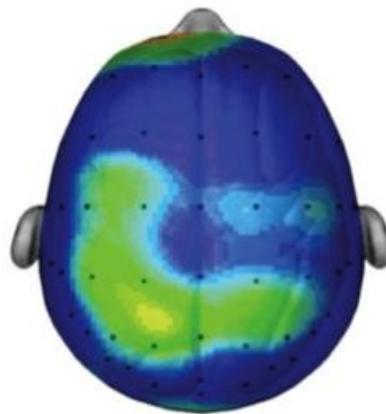
The Brain Lights Up With Exercise

Name:

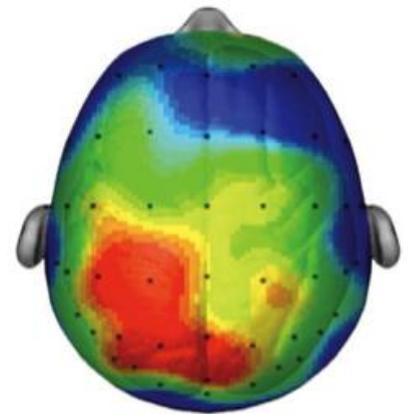
Tutor:

Class/teacher(s):

School:



After 20 Minutes Of Sitting Quietly



After 20 Minutes Of Walking

GENERIC ASSESSMENT

KS3/4 CORE SPORT ASSESSMENT

DEVELOPING

1-3

I meet the criteria to be classed as developing in most sports.

My engagement in some form of physical activity away from college is limited.

When observing a performance, I can identify someone's strengths.

SECURE

4-5

I meet the criteria to be secure in one team and one individual sport.

I also participate in physical activity away from college.

When observing a performance, I can identify someone's strengths and weaknesses.

ADVANCED

6-7

I meet the criteria to be advanced in one team and one individual sport.

I also participate in sports away from college.

When observing a performance, I can identify someone's strengths and weaknesses and give the verbal feedback.

EXCEPTIONAL

8-9

I meet the criteria to be exceptional in one team and one individual sport.

I also frequently participate in sports away from college.

When observing a performance, I can apply theoretical content when analysing someone's strengths and weaknesses.

Major Key Words:

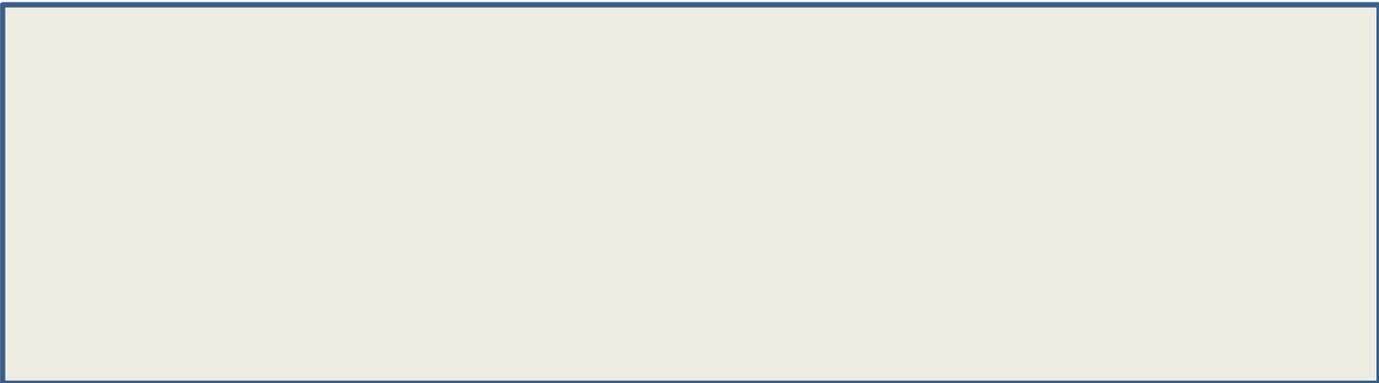
Seasons	Roles	Responsibilities
Captain	Vice Captain	Manager
Referee	Player	Score Keeper
Confidence	Warm Ups	Drills
Practice	Leagues	Competition
Round Robin	Bonus	Officials



“Intensive exercise improves the academic performance of teenagers, according to new research.

The study, of about 5,000 children, found links between exercise and exam success in English, maths and science.”

“They claimed that since every 15 minutes of exercise improved performance by an average of about a quarter of a grade, it was possible children who carried out 60 minutes of exercise every day could improve their academic performance by a full grade - for example, from a C to a B, or a B to an A.”



Example of Sports Education in action:

In my role as vice-captain I was responsible for ensuring that everyone was aware of their key roles and frequently led parts of the drills sessions. I had to demonstrate a good attitude in front of my classmates and this helped me to develop good relationships with them and a sense of pride in my work.

Invasion Games 1:

What were the key lesson objectives?

.....

.....

Identify your main role in the sport and how you have positively impacted upon your team's progress and success.....

.....

.....

.....

Activity Tracker.

Outside of college I have completed the following activity

(This can include clubs, teams or even walking to and from college).

.....

.....

.....
Assessment information:

Date.....

Sport.....

Reflect: I am working at the level.

Analyse: Because.....
.....

Action: In order to improve I need to.....
.....
.....

Invasion games 2:

What were the key lesson objectives?
.....
.....

Identify your main role in the sport and how you have positively impacted upon your team's progress and success.....
.....
.....
.....

Activity Tracker.

Outside of college I have completed the following activity

(This can include clubs, teams or even walking to and from college).
.....
.....

.....
Assessment information:

Date.....

Sport.....

Reflect: I am working at the level.

Analyse: Because.....
.....

Action: In order to improve I need to.....
.....
.....

Gymnastic replication:

What were the key lesson objectives?
.....
.....

Identify your main role in the sport and how you have positively impacted upon your team's progress and success.....
.....
.....
.....

Activity Tracker.

Outside of college I have completed the following activity

(This can include clubs, teams or even walking to and from college).
.....
.....

.....
Assessment information:

Date.....

Sport.....

Reflect: I am working at the level.

Analyse: Because.....
.....

Action: In order to improve I need to.....
.....
.....

Net/Wall games:

What were the key lesson objectives?
.....
.....

Identify your main role in the sport and how you have positively impacted upon your team's progress and success.....
.....
.....
.....

Activity Tracker.

Outside of college I have completed the following activity

(This can include clubs, teams or even walking to and from college).
.....
.....

.....
Assessment information:

Date.....

Sport.....

Reflect: I am working at the level.

Analyse: Because.....
.....

Action: In order to improve I need to.....
.....
.....

Health Related Education:

What were the key lesson objectives?
.....
.....

Identify your main role in the sport and how you have positively impacted upon your team's progress and success.....
.....
.....
.....

Activity Tracker.

Outside of college I have completed the following activity

(This can include clubs, teams or even walking to and from college).
.....
.....

.....
Assessment information:

Date.....

Sport.....

Reflect: I am working at the level.

Analyse: Because.....
.....

Action: In order to improve I need to.....
.....
.....

Striking and Fielding:

What were the key lesson objectives?
.....
.....

Identify your main role in the sport and how you have positively impacted upon your team's progress and success.....
.....
.....
.....

Activity Tracker.

Outside of college I have completed the following activity

(This can include clubs, teams or even walking to and from college).
.....
.....

.....

Assessment information:

Date.....

Sport.....

Reflect: I am working at the level.

Analyse: Because.....

.....

Action: In order to improve I need to.....

.....

.....