

Half-term 4 – February - March

Year 10 Cambridge National in Sport

Practical Coursework worth 15 marks out of 60!

Lesson	Instructions	Resources	Curriculum
1	For your chosen sport. Please complete the performance wheel.	LO4 coursework template PowerPoint slides 24-26.	RO52 Developing sports skills. LO4 Be able to apply practice methods to support improvement in a sporting activity.
2	Please explain 4 strengths identified in your performance wheel.	LO4 coursework template Strengths & Weaknesses PowerPoint slides 26-28.	RO52 Developing sports skills. LO4 Be able to apply practice methods to support improvement in a sporting activity.
3	Please explain 4 weaknesses identified in your performance wheel.	LO4 coursework template Strengths & Weaknesses PowerPoint slides 26-28.	RO52 Developing sports skills. LO4 Be able to apply practice methods to support improvement in a sporting activity.
4	For 2 out of your 4 weaknesses design practises to show how you would improve your performance in this area.	LO4 coursework template PowerPoint slides 29-32.	RO52 Developing sports skills. LO4 Be able to apply practice methods to support improvement in a sporting activity.
5	Continue... For 2 out of your 4 weaknesses design practises to show how you would improve your performance in this area.	LO4 coursework template PowerPoint slides 29-32.	RO52 Developing sports skills. LO4 Be able to apply practice methods to support improvement in a sporting activity.

Please email any queries and completed work to Mr M Helson

marcus.helson@monkseaton.org.uk