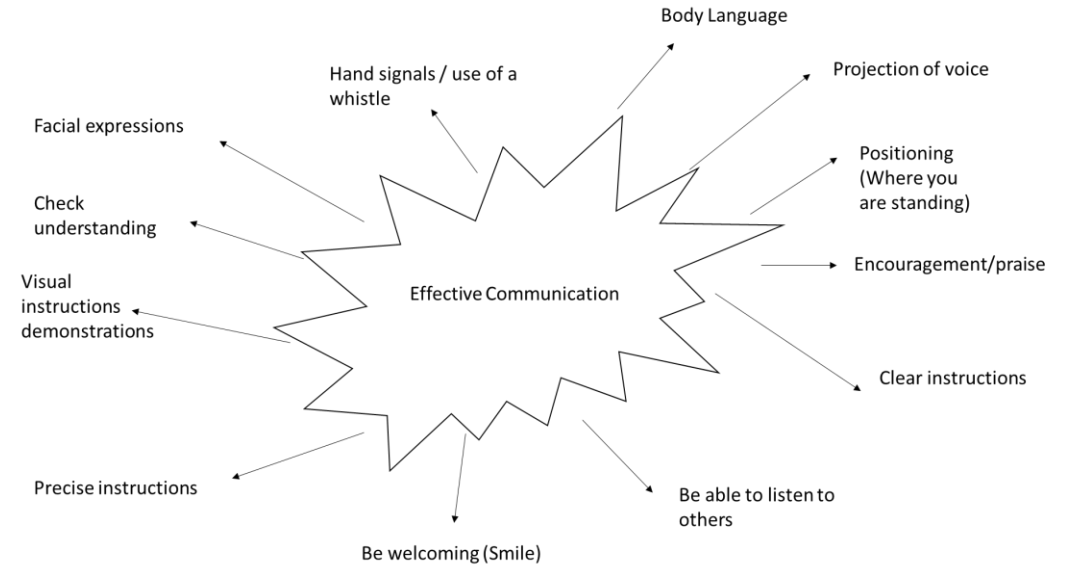
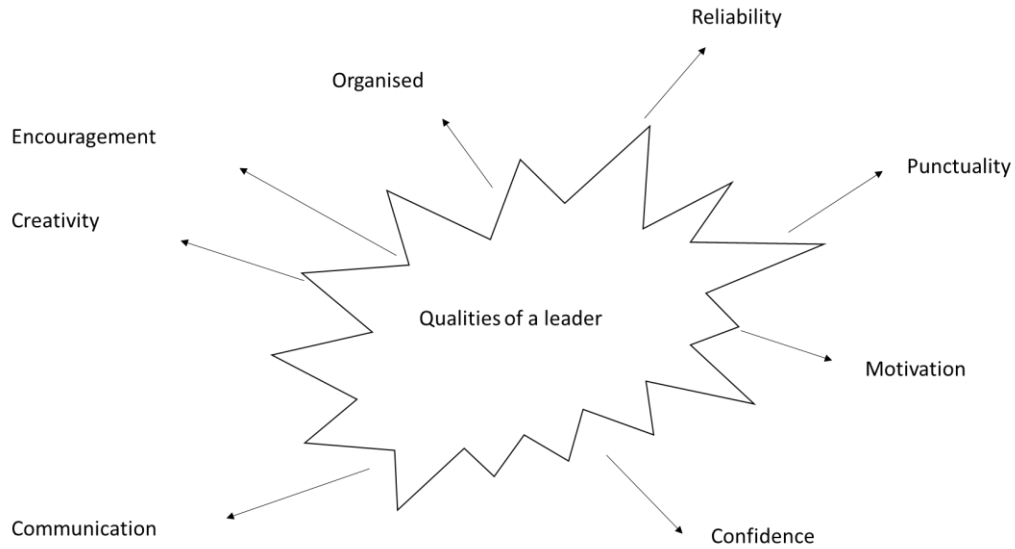




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Democratic Style:

The leader will facilitate decision making and goal setting with the input of the athlete. The athletes will have input but the coach/leader will have the final decisions.

Laissez-faire Style:

The leader will make only a few decisions which gives the participants freedom to make the decisions about their learning and development within the session.

Leadership Styles

Autocratic Style:

The leader gives the instructions and the participants follow the instruction. Used especially when safety needs to be considered. E.g. throwing a javelin, refereeing a football game where decisions need to be made quickly and stuck to



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Review the planning of the session/lesson:

The suitability of activities for the group

Taking into account the different abilities

Were the order of the activities correct? Did they increase from easy to hard?

Did you plan for enough equipment for the number of participants in the group

Review the leading of the session:

Leadership qualities

Adapting the session – did you have to make changes to what you planned when leading the session

Did you position/stand in the correct place when leading your session

Did you use the space effectively

Improvements that could be made:

Leadership qualities

Adapting the session – did you have to make changes to your plan

Did you position/stand in the correct place when leading your session

Did you use the space effectively

When planning your next session what would you do differently

Opportunities to develop leadership skills:

Attending coaching/leadership courses for the sport of.....

Help in PE lessons with the

Help at extra-curricular clubs



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Performance in 2 activities: (Individual Sport)

- Perform a range of skills in selected sports
- Perform a range of techniques in selected sports
- Demonstrate the ability to use tactics, strategies, creativity to outwit opponents
- Decision making during performance
- Ability to maintain own performance
- Perform a specific role within a team sport.
- The suitability of activities for the group

Practical Logbook to record each sport/activity: (Individual Sport)

Record evidence in a log book to recording how you have got on at each sport/activity this must include:

- At least 20 entries for each sport
- The skills that you performed
- How well you performed the skills
- How well you performed in the game (Win, lose, Draw)
- What do you still need to work on



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Review Practical Performance :

- **Review strengths and weaknesses**
 - Level of ability
 - Why skills are strengths/weaknesses
 - Type of skill
 - When these skills are important in the chosen sport
 - How they will impact on your performance or during training
- **Methods to improve**
 - Progressive practices/drills
 - Different types of practice, fixed/variable/whole or part practice
 - Could play with more or against better players
- **Measuring Improvement**
 - Video analysis
 - Activity tracker
 - Monitoring competition results over a period of time

Types of skills:

Open Skills:

An open skill is usually affected by the environment as this is something that can be ever changing, this meaning that how the skill is performed will have to be adapted when performing it.

Closed Skills:

Closed skills are skills that are predictable in a stable environment where it doesn't change.

Simple/basic skills:

Simple skills are those that don't require much processing or thinking about. The skill will only have a small number of parts.

Complex Skills

Complex skills are those that are made up of sub-routines and require lot of decisions to be made.



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There are 4 types of practices that will support your weaknesses when creating drills;

1. **WHOLE** – The whole skill is performed at once (e.g. triple jump)
2. **PART** - The skill is broken down into parts which are practised separately (e.g. front landing in trampolining)
3. **VARIABLE** – The skill is practised in the range of different situations that could be experienced in a performance (e.g. short corners in Football)
4. **FIXED** – Specific skill or technique is repeatedly practised in the same way.

