

# Distinction \*\*



R056 Developing knowledge and skills in outdoor activities  
LO4: Demonstrate knowledge and skills during outdoor activities

R056 Developing knowledge and skills in outdoor activities  
LO2: Understand the value of participating in outdoor activities

R056 Developing knowledge and skills in outdoor activities  
LO1: Know about different types of outdoor activities and their provision

R053 Sports leadership  
LO4: Be able to evaluate own performance in delivering a sports activity session



R052 Developing sports skills  
LO 4: Be able to apply practice methods to support improvement in a sporting activity



R053 Sports leadership  
LO3: Be able to deliver sports activity session

R052 Developing sports skills  
LO 3: Be able to officiate in a sporting activity.

R053 Sports leadership  
LO1: Know the personal qualities, styles, roles and responsibilities associated with effective leadership

R053 Sports leadership  
LO2: Be able to plan sports activity sessions.



R052 Developing sports skills  
LO2: Be able to use skills, techniques and tactics/strategies in a team sport.



R051 Contemporary Issues  
LO 1: Understand the issues which affect participation in sport.

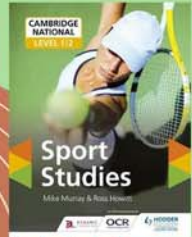
R052 Developing sports skills  
LO1: Be able to use skills, techniques and tactics/strategies in an individual sport.



R051 Contemporary Issues  
LO 4: Know about the role of national governing bodies in sport

R051 Contemporary Issues  
LO 3: Understand the importance of hosting major sporting events

R051 Contemporary Issues  
LO 2: Know about the role of sport in promoting values



Take part in competitive sports and activities outside school through community links or sports clubs.



Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best



Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group



Develop their technique and improve their performance in other competitive sports.



Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.

