

Y10 Sports Studies Term 3 Homework Booklet (Task 1)



What appropriate clothing should be worn?

Non-specialist

Specialist

What equipment is required?

Non-specialist

Specialist

What safety considerations need to be considered?

What terrain does this activity take place on?

What technology could be used during this activity?

Orienteering



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Planning an OAA (Task 2)

Canoeing is a very exciting outdoor activity. Pretend that you work for a canoeing water sports centre and plan a trip for your customers. You need to consider the specific skills you may need as an organiser, specific clothing and equipment. In order to make sure it is a safe session you will also need to create a risk assessment for the activity. Someone should be able to read your plan and be able to set up and deliver the canoeing activity correctly and safely to other people. This should be a written plan in the style of a report.

Useful link to help with this task:

http://www.outdoorrecreationni.com/wp-content/uploads/2012/04/Community-Toolkit-to-Success-Planning-Outdoor-Activities_ORNI-2012.pdf