

Year 10 Sports Studies Homework: Term 4

Plan your own OAA

Your task is to produce a plan that outlines appropriate clothing, equipment and supplies that you would need for a specific activity within OAA. You must produce a plan that also considers safety elements of the activity and how to prevent them from happening.

You must consider:

- Why have you chosen the activity?
- When are you completing the activity?
- Where are you completing the activity?
- How long will the activity take to complete?
- What clothing needs to be worn?
- What equipment do you need to bring?
- What supplies need to be brought?
- What personnel need to be present?
- What health and safety do you need to consider?
- What hazards might you experience?
- What is your contingency plan?

Write a minimum of 2 sentences per subheading above and make sure that you cover each one in your plan.

Task 2. You must produce a risk assessment to accompany your OAA plan. Use your knowledge of producing a risk assessment from when you planned a risk assessment for your session plan before Christmas.

You must:

- Outline the risk
- How severe is the risk?
- What is the likelihood of the risk?
- What will you do to reduce the chance of the risk from occurring?

Task 3. Explain the skills that you would hope to develop whilst taking part in the activity. E.g. During abseiling, I would be developing my knowledge of safety by listening to the instructor and ensuring that my equipment is fit for purpose before using it.

You must:

- Choose between 3 and 5 skills to discuss

- How will you develop the skill? Why is developing the skill important?