



Intent - In Year 10 and 11 students will complete four elements of the course. They are required to demonstrate their performance in two sports; one of which will be an individual and one in a team sport and their final sport will be either a team or individual sport. Students will also develop the skill to lead and officiate in one activity. Students complete two other units' contemporary issues in sport and sport and the media. Contemporary issues in sport as prescribed by the OCR exam board will be assessed in the form of an exam in February of year 11. Students will make links between knowledge, understanding and application of this theory content, referring to the specification outline. Sport and the media are internally assessed before being moderated by OCR.

OCR Sport Studies 2022+			
Year 10/11	R185 - Performance and Leadership in Sports Activities	R187 - Outdoor Adventurous Activity	R184 – Contemporary issues in sport
Knowledge (facts, information, concepts and key terminology)	<ul style="list-style-type: none"> • Key components of performance • Applying practice methods to support improvement in a sporting activity • Organising and planning a sports activity session • Leading a sports activity session • Reviewing your own performance in planning and leading a sports activity session. 	<ul style="list-style-type: none"> • Provision for different types of outdoor and adventurous activities • Equipment, clothing and safety aspects of participating in outdoor and adventurous activities • Plan for and be able to participate in an outdoor and adventurous activity 	<ul style="list-style-type: none"> • Issues which affect participation in sport • The role of sport in promoting values • The implications of hosting a major sporting event for a city or country • The role National Governing Bodies (NGBs) play in the development of their sport • The use of technology in sport.
Understanding (ability to connect and synthesise knowledge within a context)	<p>In this unit you will learn how to develop your skills as both a performer, in two different sporting activities, and as a leader in one activity. As a leader you will have the opportunity to plan, lead and review safe and effective sporting activity sessions yourself.</p> <p>You will also have the opportunity to develop a range of transferable skills. You will work both independently and as part of a team, including communicating with team mates as well as being in front of an audience when you perform. You will perform under pressure, both as a participant and as a leader, and will use</p>	<p>In this unit you will understand how to find out information about the opportunities for outdoor education in the local area as well as nationally. You will learn how to enjoy the activities safely by finding out what equipment, clothing, facilities and technology you need, as well as planning a risk assessment to keep you safe.</p> <p>You will have the opportunity to participate in outdoor adventurous activity and evaluate your own performance.</p>	<p>In this unit you will learn about a range of topical and contemporary issues in sport, relating to; participation levels and barriers, promotion of values and ethical behaviour, the role of high-profile sporting events, the role of national governing bodies and how technology is used within sport.</p>

	your initiative to solve problems and make decisions. You will also deal with rapidly changing conditions and situations.		
Skills (successful application of knowledge and understanding to a specific task)	Recall, select and apply knowledge and understanding, using practical sporting examples Demonstrate knowledge and understanding of physical and psychological factors that affect performance as well as demonstrating your practical performance skills within two sporting activities Identify, plan and carry out a range of activities and exercises to prepare for, and recover from, sporting activities Demonstrate awareness of how to meet specific needs when developing and delivering different physical activity programmes Use technical language and terminology correctly Demonstrate evaluative skills.	Recall, select and apply knowledge and understanding, using practical sporting examples Demonstrate awareness of how to meet specific needs when developing and delivering different physical activity programmes Use technical language and terminology correctly Demonstrate evaluative skills.	Recall, select and apply knowledge and understanding, using practical sporting examples Demonstrate awareness of how to meet specific needs when developing and delivering different physical activity programmes Use technical language and terminology correctly Demonstrate evaluative skills.
Formal Assessments (those done by all/vast majority of the cohort)	Teacher observation and Feedback	Teacher observation and Feedback	Mock exam External exam January of Year 11
<p>By the end of Year 11 students on course for at least a Level 2 pass will be able to:</p> <ul style="list-style-type: none"> • Confidently plan and deliver a sports session • Perform to a good level in both a team and individual sport • Recall key aspects of contemporary issues in sport and apply to an externally assessed exam. • Demonstrate knowledge of sport and the media thorough a variety of assessed tasks. 			