

Sport Studies Overview – Year 10

The Cambridge OCR Sport Studies qualification is a combination of theory and practical taught five lessons over a two-weekly timetable.

	Autumn	Spring	Summer
Topic(s)	<p>R185 – Performance & Leadership in Sports Activities</p> <p>Topic Area 1: Key components of performance</p> <p>Topic Area 2: Applying practice methods to support improvement</p>	<p>R185 – Performance & Leadership in Sports Activities</p> <p>Topic Area 3: Organising and planning a sports activity session</p> <p>Topic Area 4: Leading a sports activity session</p> <p>Topic Area 5: Reviewing your own performance in planning and leading</p>	<p>R187 – Outdoor Adventurous Activities</p> <p>Topic area 1- Provision for different types of OAA in the UK.</p> <p>Topic Area 2 – Equipment, clothing and safety aspects</p>
Topic Objectives	<ul style="list-style-type: none"> • Understand what makes an effective performer. • Use practice methods to improve skills and techniques. 	<ul style="list-style-type: none"> • Plan a safe and effective activity session. • Lead the session confidently using appropriate communication. • Review their leadership performance and identify improvements. 	<ul style="list-style-type: none"> • Understand UK provision for outdoor and adventurous activities. • Select and justify appropriate equipment, clothing and safety measures, considering environment and terrain.
Acquired Knowledge/Skills	<ul style="list-style-type: none"> • Understand the key components of performance, including skills, techniques, tactics, and physical attributes required in a sporting activity. • Identify strengths and weaknesses in their own and others' performance. • Apply technical and tactical knowledge within practical performance. • Understand and select appropriate practice methods (e.g., fixed, variable, whole-part-whole) to develop performance in a chosen sport. • Use practice methods to support measurable improvement in performance. • Use technology (e.g., video analysis, activity trackers) to analyse and monitor improvement. 	<ul style="list-style-type: none"> • Plan a safe and effective sports activity session, including aims, warm-ups, activities, progressions, and cool-downs. • Carry out appropriate risk assessments and safety checks for environments, equipment, and participants. • Organise resources, space, and timings needed for the session. • Lead a sports activity session confidently and safely, maintaining control and ensuring inclusion. • Use verbal and non-verbal communication effectively, such as demonstrations, instruction, and feedback. • Promote sporting values, such as respect, etiquette, sportsmanship, and fair play. • Incorporate rules, roles and NGB expectations relevant to the chosen activity. 	<ul style="list-style-type: none"> • Identify and describe different types of outdoor and adventurous activities available in the UK. • Understand and explain regional and national provision for these activities, using relevant examples. • Recognise the range of environments and settings where OAA can take place. • Identify appropriate equipment and clothing required for a range of outdoor and adventurous activities. • Explain why specific equipment and clothing are required (e.g., weather, terrain, environment). • Describe safety considerations and technologies that support safe and effective participation (e.g., communication, navigation, protection).

		<ul style="list-style-type: none"> Review and evaluate their leadership performance, including strengths, weaknesses, and areas for development. Use feedback, self-assessment and performance evidence to create realistic improvement targets. Reflect on participant outcomes, session effectiveness, safety and organisation. 	<ul style="list-style-type: none"> Understand how terrain, climate and environment influence preparation and safety choices.
Assessments	<ul style="list-style-type: none"> Practical assessment of skill development in chosen sports (NEA preparation). 	<ul style="list-style-type: none"> Session planning task (NEA preparation). Leadership practical assessment. Review task for R185 (NEA prep). NEA assessment for R185 40% of overall grade. 	<ul style="list-style-type: none"> NEA development for R187.
Citizenship	<p>PSHE Development: Building confidence through performance improvement. Resilience, teamwork, communication through leadership. Respect & rule of law through safe, fair leadership. Resilience preparing for formal assessment.</p> <p>Careers Education: Coaching, teaching, sport leadership. Outdoor instructor, coaching, media roles.</p> <p>Fundamental British Values: Responsibility & rule of law via session planning & safety. Respect & inclusion in leading mixed-ability groups.</p> <p>SMSC Development: Leadership builds social development & self-reflection. Spiritual pride from leading others; cultural awareness in OAA.</p>		

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	Autumn	Spring	Summer
Topic(s)	R187 – Outdoor Adventurous Activities Topic Area 3 – Plan for and be able to participate in an OAA Topic Area 4 – Evaluate participation in an OAA	R184 – Contemporary Issues in Sport Topic Area 1: Issues which affect participation in sport Topic Area 2: The role of sport in promoting values	R184 – Contemporary Issues in Sport Topic Area 3: The implications of hosting a major sporting event Topic Area 4: The role of National Governing Bodies (NGBs) in sport Topic Area 5: The use of technology in sport
Topic Objectives	<ul style="list-style-type: none"> Plan and participate in an outdoor activity using safe practice, navigation and communication skills. Evaluate their own participation, recognising strengths, weaknesses and improvements. 	<ul style="list-style-type: none"> Who participates in sport, why, and what stops them. (User groups, barriers, solutions). How sport promotes positive values. (Fair play, respect, etiquette). 	<ul style="list-style-type: none"> How hosting major events affects countries/cities. (Economic, social, environmental impacts). What NGBs do and why they matter. (Rules, funding, pathways). How technology shapes sport. (Positives and negatives).

<p>Acquired Knowledge/Skills</p>	<ul style="list-style-type: none"> • Produce a plan for participating in a chosen outdoor and adventurous activity, including aims, route/structure, risk assessment, and equipment needs. • Demonstrate the skills, knowledge and behaviours required to take part safely and effectively. • Apply navigation, communication, organisation and teamwork skills during participation. • Review and evaluate their performance in their chosen OAA. • Identify strengths, weaknesses and areas for development. • Reflect on the personal and group value of participation, including challenge, enjoyment, safety considerations and skill progression. 	<ul style="list-style-type: none"> • Identify different user groups that participate in sport (e.g., gender, age groups, disabilities, ethnic groups, parents, unemployed, etc.). • Understand potential barriers that impact participation for different user groups (e.g., cost, transport, lack of role models, lack of provision, family commitments, negative media portrayal). • Explain solutions to barriers, including improved provision, targeted promotion, increased transport, better access and pricing strategies. • Understand factors that affect the popularity of sport, such as facilities, media coverage, role models, climate and participation levels. • Exam technique and command words. • Extended answers using examples. • Apply theory knowledge from across Topic Areas 1-3. • Use scenarios to practice exam responses. 	<ul style="list-style-type: none"> • Identify what NGBs do for their sport, including rules, guidance, competitions, talent pathways, coaching and officiating structures. • Explain how NGBs support participation, including funding, facility development and resource provision. • Understand how NGBs promote values and safe participation through initiatives, policies and campaigns. • Identify different types of sports technology, such as video analysis, performance tracking, officiating technology, safety equipment and media technologies. • Explain positive effects of technology, including improved decision-making, performance analysis, increased safety and enhanced viewer experiences. • Explain negative effects of technology, such as cost, fairness concerns, accessibility issues and disruptions to gameplay. • Apply theory knowledge from across all Topic Areas. • Use scenarios to practice exam responses. • Perform confidently in the R184 exam. • Meet all requirements for moderated units.
<p>Assessments</p>	<ul style="list-style-type: none"> • NEA resubmission window R185 (if needed) • NEA assessment for R187 20% of overall grade) 	<ul style="list-style-type: none"> • Booklet tasks for each Topic Area (TA1–TA5) • Low-stakes quizzes on R184 content • Walking talking mock short-answer exam questions • Mock exam 	<ul style="list-style-type: none"> • Topic Areas 1–5 revision • Walking talking mocks • Long question preparation • External exam in May (1 hour 15 minutes) 70 marks and 40% of overall grade • NEA resubmission window (if needed)
<p>Citizenship</p>	<p>PSHE Development: Leadership responsibility & self-management. Understanding fairness, equality, barriers, inclusion. Resilience preparing for formal assessment.</p>		

Careers Education: Sport development, NGB roles, officiating, journalism/analysis. Sports journalism, NGB pathways, event management. Links to future study A Level PE, BTEC Sport, Sport Coaching.

Fundamental British Values: Democracy & respect through participation examples. Equality through understanding barriers to participation.

SMSC Development: Moral values linked to sporting behaviour; cultural links via major events. Pride in achievement & contribution.