

## OCR Cambridge National Sports Studies

The OCR Cambridge National sports Studies course is designed as the equivalent qualification of a GCSE but allows more of a focus on the performance of sport. There are 4 units that complete the qualification, each have four learning outcomes. Two units are compulsory elements of the course, and then a further two units are selected, as a school, from a choice of units, totalling four units of work for this qualification. Each unit has an equal split of 25% weighing for the qualification, awarded a mark and contribute to the final grade you will achieve.

The first topic of study is: **contemporary issues in sport**.

This unit of work is assessed in a **60-minute exam. This exam will be sat in May, 2022. You can sit this exam twice, and your highest score will be secured.**

Within this unit learners will explore a contemporary issues in sports.

Learning Outcome 1 looks into the barriers sports performers face when participating in sport, the solutions that can increase participation in sport as well as exploring the various user groups who engage in sport.

Learning Outcome 2 focuses on the role of sport in promoting values. This explores the Olympics and para-Olympics movement, and initiatives which promote values within sport both for spectators and performers.

Learning Outcome 3 allows knowledge and understanding of major sporting events such as FIFA world cup, Grand Prix, Wimbledon, Champions League, Grand National, The Six Nations, The Ashes and the Olympics.

Learning Outcome 4 develops knowledge about the roles of national governing bodies in sport, such as the FA and England Netball.

The second topic of study is on **developing sports skills**.

This unit of work is **75% practical**, supported by witness statements written by your subject teacher.

Learning outcome 1 you will demonstrate skills and performance in an individual sport. For example, badminton, table tennis or trampolining.

Learning outcome 2 you will demonstrate skills and performance in a team sport. For example Football, Netball, Rugby or Volleyball.

Learning outcome 3 you will demonstrate the ability to officiate in a chosen sport, demonstrating your knowledge of rules in a game situation.

Learning outcome 4 you will be required to produce a written account of your performance in a specific sport. This will reflect your strengths, but illustrate the improvements you can make through applying drills to our practice, and the impact that these will have on your performance.

In addition, the other 2 units of delivery are:

**R056 outdoor activities** where pupils engage in a residential to participate in outdoor activities, to participate in two outdoor activities. As well as, planning a session promoting outdoor activities before reviewing the session looking at what worked well and things that you may alter if you were to deliver the session again. This unit also studies the values of outdoor activities.

**R053 Sports leadership** study a variety of leadership styles, and then develops a lesson plan to deliver to a group of pupils, deliver the sports sessions before evaluate your practice and skills.

The course is a good stepping stone to those looking to do A/S and A levels at college. The course is very good preparation for anyone with an interest in sport, either if you wish to make a career out of sport or just enjoy taking part. There are many areas in which a physical education qualification may be helpful e.g. lifeguards, pool attendants, sports coach, green keeping, ground staff, sport journalist. There are also many jobs in which sport is encouraged e.g. the armed services, police and the fire service.