

The Big Picture

Students will study a range of areas and activities on the Cambridge National Sports Studies Course. There will be 4 different assessments, and a mixture of learning styles.

KS4 Cambridge Nationals Year 10 and 11

Intent

Students will complete OCR Cambridge Nationals in Sports Studies

Skills Covered: YEAR 10 -Developing Sports Skills (Assignment), Contemporary Issues in Sport (Exam)

YEAR 11 – Sports Leadership (Assignment) Developing Knowledge and skills in Outdoor activities (Assignment)

Implementation

Students will complete 4 Components of the course over the 2 years. Students have three hours of lessons each week. 2 lessons in ICT suite and 1 lesson practically.

Developing sport skills

Students try out a range of sports-related skills and techniques, including different practice methods for improving both their own performance and that of others. They develop their knowledge of the use of tactics and strategies in both individual and team sporting activities as well as their understanding of the rules, enabling them to carry out a number of officiating roles within the activities.

Contemporary Issues in Sport

Students explore a range of topical and contemporary issues in sport, such as participation levels and barriers, promoting values and ethical behaviour, and how sport contributes to society as a whole beyond simply providing entertainment.

Sports leadership

Students learn about some of the knowledge, understanding and practical skills required to be an effective sport leader. They put their knowledge into practice by planning and delivering safe and effective sporting activity sessions.

Developing knowledge and skills in outdoor activities

Students find out about a wide range of outdoor and adventure activities and the organisations that provide access to them. Through planning and participating in these type of activities they will learn about the risks involved and gain an understanding of health and safety, risk assessments and the importance of detailed planning for various scenarios and challenging environments. This will also help them develop their communication, decision-making and leadership skills

Key assessments:

1. Developing Sports Skills (25%) (Assignment)
2. Contemporary Issues in Sport (25%) (Exam)
3. Sports Leadership (25%) (Assignment)
4. Developing Knowledge and skills in Outdoor Activities

Autumn Term Year 10: Developing Sports Skills

Spring Term Year 10: Contemporary Issues

Summer Term Year 10: Developing Sports Skills

Autumn Term Year 11: Sports Leadership

Spring Term Year 11: Developing Knowledge of OAA

Contemporary Issues Re-Take

Impact

Students will be able to apply all skills and Knowledge of all areas in relation to Contemporary, Sports Skills, Leadership, and Outdoor Activities.

Students will develop a greater practical understanding across each practical area

Opportunities for further education opportunities: Personal trainer, teacher, psychologist, business leader, sports scientist, dietitian, armed forces, public services, sports coach, physiotherapist, journalist, events management, media and public relations.