



<b>OCR Sport Year 11 Curriculum – 2024-2025</b>						
	<b>Autumn Term</b>		<b>Spring Term</b>		<b>Summer Term</b>	
	<b>1</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>1</b>	<b>2</b>
<b>Key Concepts</b>	<b>Topic Area 1: Issues which affect participation in sport</b>	<b>Topic Area 2: The role of sport in promoting values</b>	<b>Topic Area 3: The implications of hosting a major sporting event for a city or country</b>	<b>Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport</b>	<b>Topic Area 5: The use of technology in sport</b>	
<b>Knowledge &amp; Understanding (National Curriculum)</b>	<p>Cambridge National in Sport Studies will encourage students to:</p> <ul style="list-style-type: none"> <li>• Understand and apply the fundamental principles and concepts of Sport Studies</li> <li>• Develop learning and practical skills that can be applied to real-life contexts and work situations</li> <li>• Think creatively, innovatively, analytically, logically and critically</li> <li>• Develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport and Health sector and more widely</li> <li>• Understand topical and contemporary issues in sport, including; why people do and do not participate in sport, the promotion of ethics and values, the roles of National Governing Bodies and high profile events have in sport, as well as how technology is used within sport</li> </ul>					

	<ul style="list-style-type: none"> <li>• Develop skills as a performer in two different sporting activities and learn how to lead sporting activity session</li> <li>• Create a plan, write and evaluate an activity session, to further develop leadership skills</li> <li>• Analyse their own performance to help improve themselves and their skills in sport</li> <li>• Explore the relationship that media has with sport and understand how linked they are. The Relationship to real world examples and the different ways in which sport and the media represent each other will be applied</li> <li>• Develop the skills of team working, research and planning and understand that sports performance goes far beyond just the simple physical activity of sport</li> </ul>	
<b>Skills</b>	<b>R</b> <i>Develop</i> <b>RESILIENCE</b>	<p>The Cambridge National OCR Sport qualification promotes resilience by engaging students in physically and mentally challenging activities that require perseverance, teamwork, and problem-solving. Through practical assessments, project-based learning, and continuous feedback, students learn to set goals, handle setbacks, and reflect on their progress. The curriculum's emphasis on sports psychology, health education, and collaborative exercises fosters a growth mindset, encouraging students to view challenges as opportunities for development and build their ability to overcome adversity.</p>
	<b>A</b> <i>Possess</i> <b>AMBITION</b>	<p>The Cambridge National OCR Sport qualification promotes ambition by encouraging students to set personal fitness and performance goals, engage in competitive sports, and strive for continuous improvement. Through a combination of practical assessments, theoretical knowledge, and real-world applications, students are inspired to push their limits, pursue excellence, and aspire to careers in sports and health-related fields. The curriculum's emphasis on leadership, teamwork, and resilience further fuels students' drive to succeed and achieve their fullest potential.</p>
	<b>I</b> <i>Demonstrate</i> <b>INTEGRITY</b>	<p>The Cambridge National OCR Sport qualification promotes integrity by instilling the values of fair play, honesty, and respect both on and off the field. Through practical sports activities and theoretical lessons, students learn the importance of adhering to rules, demonstrating good sportsmanship, and respecting teammates, opponents, and officials. The curriculum emphasizes ethical</p>

		behavior, personal responsibility, and accountability, encouraging students to act with integrity in all aspects of their lives and future careers
	<b>S</b> <i>Embed Self-Discovery</i>	The Cambridge National OCR Sport qualification promotes self-discovery by providing students with diverse physical activities and reflective learning experiences that help them identify their strengths, interests, and areas for growth. Through engaging in various sports, setting personal goals, and receiving continuous feedback, students gain a deeper understanding of their physical capabilities and mental resilience. The curriculum's focus on self-assessment, skill development, and overcoming challenges encourages students to explore their potential and discover their true passions and aspirations.
	<b>E</b> <i>Display EMPATHY</i>	The Cambridge National OCR Sport qualification promotes empathy by encouraging students to work collaboratively in team sports and group activities, fostering an understanding of different perspectives and the importance of supporting others. Through cooperative tasks, peer assessments, and learning about the diverse needs and abilities of teammates and competitors, students develop a sense of compassion and consideration for others. The curriculum's emphasis on sportsmanship, fair play, and mutual respect further nurtures empathetic behavior, helping students appreciate and respond to the emotions and experiences of those around them.
<b>Curriculum Links</b>	<p>Students have identified different barriers to participation in KS3 PE.</p> <p>Students have looked at different media sources in IT at KS3</p> <p>Different materials are researched in technology at KS3</p> <p>Different countries and cultures are explored in geography and RE at KS3.</p>	

## Assessment

### 2.2 Qualification structure

For this qualification, students must achieve **three** units: one externally assessed and two Non Examined Assessment (NEA) units.

#### Key to units for this qualification:

M = Mandatory

Students must achieve this unit

O = Optional

Students must achieve one of these units

E = External assessment

We set and mark the exam

N = NEA

You assess this and we moderate it

Unit no.	Unit title	Unit ref. no. (URN)	Guided learning hours (GLH)	How are they assessed?	Mandatory or optional
R184	Contemporary issues in sport	J/618/5942	48	E	M
R185	Performance and leadership in sports activities	L/618/5943	48	N	M
R186	Sport and the media	R/618/5944	24	N	O
R187	Increasing awareness of Outdoor and Adventurous Activities	Y/618/5945	24	N	O

## Aspirations & Careers

GCSE Physical Education (PE) provides a strong foundation for various careers related to sports, fitness, health, and education. Here are some potential career paths linked to GCSE PE:

### Sports and Fitness Careers

1. **Personal Trainer:** Designing and implementing exercise programs for clients to achieve fitness goals.
2. **Fitness Instructor:** Leading group exercise classes and providing fitness advice in gyms or health clubs.
3. **Sports Coach:** Training athletes and teams to improve their performance in specific sports.
4. **Sports Development Officer:** Promoting sports and physical activity within communities, schools, or organizations.
5. **Sports Scientist:** Applying scientific principles to improve athletic performance, often involving biomechanics, physiology, and psychology.

### Health and Wellbeing Careers

1. **Physiotherapist:** Helping patients recover from injuries and improve their physical health through tailored treatment plans.
2. **Occupational Therapist:** Assisting individuals to develop, recover, or maintain daily living and work skills.
3. **Dietitian/Nutritionist:** Advising individuals or groups on healthy eating and nutrition to promote overall health and well-being.
4. **Sports Psychologist:** Working with athletes to enhance performance through mental strategies and coping mechanisms.

### Education Careers

1. **PE Teacher:** Teaching physical education in schools, encouraging students to develop skills, knowledge, and enjoyment of physical activity.
2. **Lecturer/Professor in Sports Science:** Teaching and conducting research at a college or university level in subjects related to sports and physical education.

## Sports Management and Media Careers

1. **Sports Manager:** Managing sports teams or organisations, overseeing operations, marketing, and business strategies.
2. **Sports Agent:** Representing athletes in negotiations for contracts, endorsements, and other business deals.
3. **Sports Journalist:** Writing about sports events, athletes, and related topics for newspapers, magazines, or online platforms.
4. **Sports Broadcaster:** Commentating on sports events and providing analysis on TV or radio.

## Additional Careers

1. **Rehabilitation Specialist:** Working with individuals recovering from injuries, surgeries, or other medical conditions to regain strength and mobility.
2. **Exercise Physiologist:** Studying the body's responses to physical activity and developing exercise programs to improve health and performance.
3. **Sports Event Coordinator:** Planning and organising sports events, ensuring all logistical aspects are covered.

Nottingham university trip  
Gateshead college visit  
Guest speakers  
National sports week