

2. Curriculum Overview

Year 10 OCR Sports Studies

Half Term	HT1	HT2	HT3	HT4	HT5	HT6
Topic	Increasing awareness of Outdoor and Adventurous Activities: -Provision for different types of outdoor and adventurous activities in the UK	Increasing awareness of Outdoor and Adventurous Activities: -Equipment, clothing and safety aspects of participating in outdoor and adventurous activities	Increasing awareness of Outdoor and Adventurous Activities: -Plan for and be able to participate in an outdoor and adventurous activity	Increasing awareness of Outdoor and Adventurous Activities: -Evaluate participation in an outdoor and adventurous activity	Performance and leadership in sports activities: Key components of performance	Performance and leadership in sports activities: -Applying practice methods to support improvement in a sporting activity
Key knowledge and skills	<ul style="list-style-type: none"> The provision available for outdoor and adventurous activities both locally and nationally. Types of equipment to be used for participation. Types of clothing to be used for participation. Types of technology that can enhance participation or safety. 	<ul style="list-style-type: none"> The role of technology in terms of: Access and transportation, comfort, safety, communication, information The different types of terrain/man-made environments. 	<ul style="list-style-type: none"> Key considerations when planning an outdoor activity in a specified location. Outdoor activity risk assessment Emergency procedures plan 	<ul style="list-style-type: none"> Evaluate participation of outdoor activity What aspects went well What aspects could be improved Mental benefits Physical benefits Social benefits 	<ul style="list-style-type: none"> Performance of skills and techniques Tactics Strategies Compositional ideas Use of creativity in performance Appropriate and timely decisions Awareness of role and contribution to the team 	<ul style="list-style-type: none"> Key components for assessing strengths and weaknesses in an activity: Skills and techniques Tactics and strategies Compositional ideas Methods to improve performance Measuring improvement in performance

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<p>Assessment</p>	<p>Learners will be assessed through written assessment. *Students work will be externally moderated by the exam board.</p> <ul style="list-style-type: none"> Describe regional and national provision, voluntary provision 	<p>Learners will be assessed through written assessment. *Students work will be externally moderated by the exam board.</p> <ul style="list-style-type: none"> Identifying appropriate equipment and clothing giving detailed reasons for why it is required. List safety aspects including how technology helps. Show a clear understanding of the impact of environment and climate on outdoor activities. 	<p>Learners will be assessed through written assessment. *Students work will be externally moderated by the exam board.</p> <ul style="list-style-type: none"> Produce an appropriate and comprehensive plan, including a risk assessment, which considers most of the requirements for an effective and safe outdoor and adventurous activity session. Demonstrate a wide range of well developed, relevant skills and knowledge during an outdoor and adventurous activity. Care for and uses equipment in an effective way and follows safe practice independently 	<p>Learners will be assessed through written assessment. *Students work will be externally moderated by the exam board.</p> <ul style="list-style-type: none"> Discuss the areas that went well and not so well in the outdoor and adventurous activity. Describe most of the benefits from participation in the outdoor activity they undertook. Explain how the benefits can encourage participation, whilst providing a wide range of reasons as to why they are of value to an individual. 	<p>Learners will be assessed through practical assessment. *Students work will be externally moderated by the exam board.</p> <ul style="list-style-type: none"> Performances in 2 different sports are assessed and graded. 	<p>Learners will be assessed through written assessment. *Students work will be externally moderated by the exam board.</p> <ul style="list-style-type: none"> Comprehensively describe the strengths and weaknesses with in-depth analysis and justification. Explains how practice methods will help improve weaknesses.
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Year 11 OCR Sports Studies

Half Term	HT1	HT2	HT3	HT4	HT5	HT6
Topic	Performance and leadership in sports activities: Organising and planning a sports activity session	Performance and leadership in sports activities: Leading a sports activity session Reviewing your own performance in planning and leading a sports activity session	Contemporary issues in sport: Issues which affect participation in sport 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	Revision for exam Exam Date: June 2025
Key knowledge and skills	<ul style="list-style-type: none"> • Organisation of a sports activity session • Safety considerations when planning a sports activity session • Objectives to meet the needs of the group 	<ul style="list-style-type: none"> • Organisation of a sports activity session • Leading a sports activity session • Review your leadership of a sports activity session 	<p>Issues which affect participation in sport:</p> <ul style="list-style-type: none"> • User groups • Possible barriers • Possible barrier solutions • Factors which can positively and negatively impact on the popularity of sport in the UK • Emerging/ new sports in the UK 	<p>The role of sport in promoting values:</p> <ul style="list-style-type: none"> • Sport values, initiatives, and campaigns • The Olympic and Paralympic movement • The importance of etiquette and sporting behaviour of performers and spectators. • The use of Performance Enhancing Drugs (PEDs) in sport • The implications of hosting a major 	<p>The role National Governing Bodies (NGBs) play in the development:</p> <ul style="list-style-type: none"> • National Governing Bodies (NGBs) • The use and role of technology in sport • Positive and negative effects of the use of technology in sport • Positive and negative effects of technology on the spectator experience 	

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				<p>sporting event for a city or country</p> <ul style="list-style-type: none"> • Potential positive and negative aspects of hosting a major sporting event, during the event, immediate and longer term positive post-event 		
Assessment	<p>Learners will be assessed through written assessment and practical assessments *Students work will be externally moderated by the exam board.</p> <ul style="list-style-type: none"> • Create a fully appropriate and comprehensive plan which considers most of the requirements for an effective and safe sports activity session. • Completes an appropriate and comprehensive risk assessment which considers most of the requirements for a 	<p>Learners will be assessed through written assessment and practical assessments *Students work will be externally moderated by the exam board.</p> <ul style="list-style-type: none"> • Comprehensively describes most areas that went well and did not go well in the planned sports activity session. • Comprehensively describes all areas that needed to be adapted in the planned sports activity session. Shows detailed analysis when altering the plan, 	End of unit progress test covering topic area 1.	End of unit progress test covering topic area 1 and 2.	End of unit progress test covering topic area 1, 2 and 3. Mock Exam.	

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	safe sports activity session.	with justified suggestions.				
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