

Cambridge National in Sports Studies

Cambridge National in Sport Studies will encourage you to think for yourself about the study of sport and the application to real life practical sport, leadership and evaluation of the skills required.

As part of the Cambridge National, you'll cover:

- how technology is used in sport
- how to develop as a team player and how to develop as a leader
- plan, deliver and evaluate your own sports activity session
- performing in front of an audience
- the connection between sport and media, and the different ways that sport is represented
- local and national outdoor activities, how to prepare and benefit from them.

Curriculum overview:

Performance and leadership in sports activities

Students will learn how to develop your skills as both a performer, in two different sporting activities, and as a leader in one activity, where they will need to plan, deliver, and review safe and effective sporting activity sessions.

Sport and the media

Students will learn to explore the effects of media sources and apply real life examples to demonstrate the nature of the relationship between media and sport. You will develop your ability to evaluate and interpret the different ways sport is represented by the media.

	Autumn:	Spring:	Summer:
Year 10	<p>Topic Area 1: Key components of performance</p> <p>Media in Sport</p> <p>Topic Area 1: The different sources of media that cover sport</p> <p>Topic Area 2: Positive effects of the media in sport</p> <p>Topic Area 3: Negative effects of the media in sport</p>	<p>Topic Area 2: Applying practice methods to support improvement in a sporting activity</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 of a sports activity session</p> <p>Media in Sport: revisit</p> <p>Topic Area 1: The different sources of media that cover sport</p> <p>Topic Area 2: Positive effects of the media in sport</p> <p>Topic Area 3: Negative effects of the media in sport</p>

	Important vocabulary:	Important vocabulary:	Important vocabulary:
	Tactics Strategies Creativity Social and digital media Podcasts Print media Influencers Initiatives exposure	Ability Fitness tests Performance analysis Progressive drills Altering the context Supervision timing	Safe practice Adaptability Reliability Leadership Communication Creatively Planning Development opportunities

Contemporary issues in sport Students will learn about a range of topical issues in sport, from barriers faced to completing sporting activities, to the promotion of values and ethical behaviour, and the roles of high-profile sporting events, national governing bodies, and technology in addressing them.

	Autumn:	Spring:	Summer:
	Topic Area 1: Issues which affect participation in sport Topic Area 2: The role of sport in promoting values	Topic Area 3: The implications of hosting a major sporting event for a city or country Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport	Topic Area 5: The use of technology in sport
	Important vocabulary:	Important vocabulary:	Important vocabulary:
Year 11	Gender Carers Disability Awareness promotion strategies Appropriate pricing Provision of facilities Social acceptability Citizenship Tolerance National pride Respect Equality Performance enhancing drugs etiquette	Recurring events Spectators Governing bodies Commercial investment Infrastructure Deficiencies Legacy Scandals Lobby for funding Promote participation	Enhanced performance Safety Fair play Stadia improvement Technology Accuracy of officiating Clothing tech Sanctions etiquette

Key staff contacts:

Subject Leader for PE: Mr M Bond m.bond@fi.coastandvale.academy

Future opportunities

By developing applied knowledge and practical skills, this course will help give you the opportunity to progress on to A Levels, a Cambridge Technical in Sport and Physical Activity, an apprenticeship or university.

Sport Studies careers could take a student anywhere – from coaching small groups to leading campaigns to get more people interested in sport.

How can I help my child to be successful?

Think about being active, joining scouts/guides or cadets.

Use sports Apps and social media to join groups to set goals together and track performance

Encourage joining a team or club.

Watch live sport together to see skills in practice, together with rules and regulation

How will you assess my child's progress?

Examined assessment (40% of the course)	
<p>R184 Contemporary issues in sport</p> <p>In this unit students will learn about a range of topical issues in sport, from barriers faced to completing sporting activities, to the promotion of values and ethical behaviour, and the roles of high-profile sporting events, national governing bodies and technology in addressing them.</p> <p>Topics include:</p> <p>Topic Area 1: Issues which affect participation in sport</p> <p>Topic Area 2: The role of sport in promoting values</p> <p>Topic Area 3: The implications of hosting a major sporting event for a city or country</p> <p>Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport</p> <p>Topic Area 5: The use of technology in sport</p> <p>Examination: 1 hour 15 minutes</p>	<p>48 GLH</p> <p>70 marks (80 UMS)</p>

Non-examined assessment (20% of the course)	
<p>Unit R186: Sport and the media</p> <p>In this unit students will learn to explore the effects of media sources and apply real life examples to demonstrate the nature of the relationship between media and sport. You will develop your ability to evaluate and interpret the different ways sport is represented by the media.</p> <p>Topics include:</p> <p>Topic Area 1: The different sources of media that cover sport</p> <p>Topic Area 2: Positive effects of the media in sport</p> <p>Topic Area 3: Negative effects of the media in sport</p> <p>OCR-set assignment</p> <p>8-10 hours</p>	<p>24 GLH</p> <p>40 marks (40 UMS)</p>

Mandatory Non-examined assessment (40% of the course)	
<p>Unit R185: Performance and leadership in sports activities</p> <p>In this unit students will learn how to develop your skills as both a performer, in two different sporting activities, and as a leader in one activity, where they will need to plan, deliver, and review safe and effective sporting activity sessions.</p> <p>Topics include:</p> <p>Topic Area 1: Key components of performance</p> <p>Topic Area 2: Applying practice methods to support improvement in a sporting activity</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 of a sports activity session</p> <p>OCR-set assignment.</p> <p>16-18 hours</p>	<p>48 GLH</p> <p>80 marks (80 UMS)</p>