

OCR Cambridge National Technical Award Level 1/2 in Sports Studies		Autumn Term		Spring term		Summer term	
Year 10	1	2	3	4	5	6	
Topic Summary	OAA - introduction to Equipment, clothing, safety and terrain.	OAA - Venues and provision of OAA activities, risk assessment and leading an OAA activity. Practical performance - Team/individual Sport	Evaluation of OAA resources. OAA Coursework preparation/completion. Practical performance - Team/Individual Sport	OAA Coursework completion. Practical performance - Team/Individual Sport	Practical analysis of performance - Team Sport	Practical analysis of performance - Individual Sport	
Thinking Hard	OAA - Introduction to OAA. Understand how equipment and clothing should be selected for the activity, weather and environment. Identify how terrain can affect movement and risk. Understand safe practice before, during and after participation.	OAA - Understand how venues and provision affect safe participation. Identify hazards, people at risk and control measures. Complete a risk assessment and practise leading an OAA activity using clear instructions, supervision and appropriate safety procedures.	OAA - Evaluate OAA resources for suitability, safety, effectiveness, condition and how well they meet participant needs. Use specific practical evidence to justify conclusions and identify improvements.	OAA - Apply knowledge independently to coursework. Explain decisions about equipment, clothing, terrain, venues, safety, risk assessment and leadership. Review work against the assessment requirements and improve it using feedback.	Practical performance - Understand the key skills and tactics that are needed in a range of different sports.	Practical performance - Understand the key skills and tactics that are needed in a range of different sports.	
Developing Character	(Curiosity) - Explore how equipment, clothing and terrain affect OAA activities. (Self assurance) - Be confident to try unfamiliar activities safely and respond positively to challenge.	(Self assurance) - Be confident when leading an activity. (Grit) - Keep practising leadership skills. (Kindness) - Consider the safety and needs of others.	(Grit) - Complete OAA coursework to the required standard. (Mindfulness) - Check that evaluations are supported by evidence and relevant examples.	(Grit) - Show perseverance to complete the NEA in the allocated time. (Mindfulness) - Check the accuracy and relevance of OAA coursework. (Self assurance) - Listen and respond positively to feedback.	(Self assurance) - Being confident to try new and more technically difficult skills, techniques and tactics in sport.	(Kindness) - when analysing performance and offering constructive feedback on how to improve performance. (Gratitude) to others for them supporting you to improve your performance. (Self assurance) to be able to listen and respond positively to feedback.	
Understanding Diversity	(Awareness of where you live) - Understand how local outdoor environments and facilities affect OAA participation. (Understanding mental and physical diversity) - Recognise that participants may have different needs and abilities.	(Understanding human rights) - Consider access to outdoor activities for different user groups. (Awareness of where you live) - Compare local venues and how accessible and suitable they are.	(Understanding environmental diversity) - Consider how different environments require different resources. (Understanding mental and physical diversity) - Consider whether resources meet the needs of different participants.	(No limits to your destination) - Understand that practical learning continues through reflection and improvement. (Understanding mental and physical diversity) - Recognise different strengths and areas for improvement.	(Understanding mental and physical diversity) - Individuals sports will allow students to understand the differences in sporting performance.	(Acquiring cultural capital) - Understanding the different values that sport has, while learning the different values of a range of sports.	
Literacy Reading, Oracy	(Reading) - OAA information on equipment, clothing, terrain and safety. (Oracy) - Use clear communication and safety terminology when taking part.	(Oracy) - Give clear instructions and safety briefings. (Literacy) - Use accurate risk-assessment terminology.	(Literacy) - Use precise terminology and SPAG when evaluating resources. (Reading) - Identify key information from resource descriptions.	(Literacy) - Use correct OAA terminology, accurate wording and SPAG in the NEA. (Oracy) - Explain decisions clearly when discussing work.	(Literacy) Demonstrating physical literacy to take part in the sports.	(Literacy) Demonstrating physical literacy to take part in the sports.	
Gatsby, Careers	Sports coach, outdoor instructor, activity leader, outdoor education officer.	Sports coach, outdoor instructor, activity leader, sports development officer.	Outdoor education officer, sports coach, equipment manager, activity leader.	Outdoor education officer, sports coach, activity leader, sports development officer.	Journalist, Commentator, researcher, sports coach, sports Scientist.	Sport and leisure management, sport inclusion officer, Teacher, Sports coach.	
Mental and Physical Well-being	Understanding the physical and mental wellbeing benefits of taking part in OAA. Safe equipment, clothing and planning can increase confidence and reduce avoidable risks.	Understanding how safe leadership, clear instructions and appropriate risk assessment support physical and mental wellbeing. Consider how different participants may be affected by the environment.	Understanding how suitable resources and effective planning support safe participation and wellbeing. Evaluation can identify improvements and reduce unnecessary risk.	Planning time effectively in order to submit work on time therefore maintaining mental well being. Use checklists, feedback and review to reduce stress.	Understanding the benefits of taking part in different sports.	Understanding how different user groups may have their well being affected by the barriers they face to take part in sport. Also, how delivering feedback can affect a sports performers physical and mental well being.	
Cross-Curricular Links	Geography - terrain and outdoor environments. Science - safety and the physical demands of outdoor activity.	Geography - venues, terrain and environments. RSC - safety, communication and looking after others.	English - using evidence and precise language to evaluate resources. Geography - comparing different venues and environments.	English - accurate written communication and SPAG. RSC - safe participation, responsibility and wellbeing.	Science - Effects of exercise on the body. RSC - Benefits of exercise for our mental well being.	Science - Effects of exercise on the body. RSC - Benefits of exercise for our mental well being.	
Extra-Curricular Links	Take part in school OAA opportunities and practise leading or supporting activities where available. Duke of Edinburgh award.	Take part in school OAA opportunities and practise leading or supporting activities where available. Duke of Edinburgh award.	Use OAA activities in the local area to collect practical examples for evaluation. Duke of Edinburgh award.	Use OAA opportunities in the local area to reinforce practical knowledge for coursework.Duke of Edinburgh award.	Playing for the school teams at after school clubs and for fixtures.	Playing for the school teams at after school clubs and for fixtures.	
Extended Learning Checks	Equipment, clothing, safety and terrain retrieval quiz.	Risk-assessment practice: hazards, people at risk, control measures.	OAA resource evaluation: compare resources and justify choices.	OAA coursework check: review all required content before submission.	Practical analysis of performance task.	Individual performance analysis task.	
Precise Learning Endpoints (Students will be able to...)	1. Identify suitable equipment and clothing for an OAA activity. 2. Explain how terrain and safety affect participation. 3. Describe safe practice when taking part in OAA.	1. Identify hazards and people at risk in an OAA activity. 2. Complete a simple risk assessment with suitable control measures. 3. Plan and lead an OAA activity safely.	1. Evaluate the suitability and effectiveness of OAA resources. 2. Use practical evidence to justify an evaluation. 3. Apply findings to OAA coursework.	1. Apply knowledge of OAA equipment, clothing, terrain, venues and safety. 2. Explain risk-assessment and leadership decisions using examples. 3. Complete and review OAA coursework accurately.	1. Understand how to analyse a sporting performance in a team sport. 2. Develop and demonstrate skills, techniques and tactics. 3. Identify strengths and areas for improvement.	1. Understand how to analyse a sporting performance in a team sport. 2. Develop and demonstrate skills, techniques and tactics. 3. Identify strengths and areas for improvement.	

OCR Cambridge National Technical Award Level 1/2 in Sports Studies	Autumn Term		Spring term		Summer term	
Year 11	1	2	3	4	5	6
Topic Summary	Practical performance coursework completion Leadership of a sporting activity	Practical performance coursework completion Leadership of a sporting activity Contemporary issues in sport - barriers and solutions to participation and sporting values.	Contemporary issues in Sport Hosting major sporting events, governing bodies.	Contemporary issues in Sport - Technology in sport and revision.		
Thinking Hard	Practical performance - On how to plan, lead and evaluate a sporting session that you have led.	Practical performance - to plan, lead and evaluate a sporting activity for a group of students to complete. Understand the barriers and solutions that affect people taking part in physical activity.	Understand how hosting major sporting events affects a country. Understand the different roles that governing bodies have for their individuals sports.	Contemporary issues in Sport - Understand how technology in sport is used to improve sporting performance.- Using previous knowledge to complete practice questions and revision tasks in preparation for the exam. .		
Developing Character	Self assurance - When leading a sporting practical session for other students. Grit - to keep going and practising the skills of leading a sporting practical session. Kindness - To the student leading the practical session.	Self assurance - When leading a sporting practical session for other students. Grit - to keep going and practising the skills of leading a sporting practical session. Kindness - To the student leading the practical session. Mindfulness - Why have certain rules and technology been allowed into sport?	Mindfulness - Thinking hard about the different positives and negatives countries face when they host a major sporting event. Grit - Showing grit in order to remember as much information as possible on the roles of governing bodies.	Mindfulness - understanding the positives and negatives effects that technology has on sport. Optimism- The exam will go well for you as you have prepared for it. Kindness - to support others in the revision activities, Self assurance - Being confident in revision and the information for the exam.		
Understanding Diversity	Being a world citizen - Understanding how different people are able to perform in a new situation when coaching a group of students	Acquiring cultural capital - How different governing bodies set a culture for their sport. Understanding mental and physical diversity - Differences between leadership styles and students you are leading. How technology is used to develop sporting performers with different fitness needs.	No limits to your destination - Working to gain the highest grade for the exam. Being a world citizen - Revision of a wide range of topics and how this affects people from across the sporting world.	No limits to your destination - Working to gain the highest grade for the exam. Being a world citizen - Revision of a wide range of topics and how this affects people from across the sporting world.		
Literacy Reading, Oracy	Oracy - Communicating while giving instructions when leading sporting sessions.	Literacy - Developing knowledge of new words with relation to barriers and solutions to participation in physical activity. Oracy - Communicating while giving instructions during sporting sessions.	Literacy - Using the correct wording and SPAG within the exam.	Literacy - Using the correct wording and SPAG within the exam.		
Gatsby, Careers	Sports Coach, Sports Management, Event organiser, sporting official.	Sporting drugs enforcement officer, sports scientist, sports fashion designer, sporting official.	Sports Performer, Sports Coach, Sports Scientist.	Sports Performer, Sports Coach, Sports Scientist.		
Mental and Physical Well-being	Understanding how sports coaches and event organisers manage their mental and physical well being during stressful events.	Understanding the role that coaching and leading has on a person's mental and physical well being.	How to manage time and exam stress to stay calm to maintain your mental and physical well being.	How to manage time and exam stress to stay calm to maintain your mental and physical well being.		
Cross-Curricular Links	Dance - How a choreographer leads a new dance, Food tech - event planning for large groups of people.	Dance - barriers that people face when taking part in dance.	MFL - when talking about sporting events in a foreign country. Media - Coverage of major sporting events.	Computer Science - Use of technology to improve performance in sport. Dance - How a choreographer leads a new dance. Engineering - the process of developing a new piece of equipment.		
Extra-Curricular Links	Leading sporting activities for younger students for primary liaison.	Rules applied by governing bodies for sporting fixtures. Leading sporting activities for younger students for primary liaison.	How to revise outside of school to improve memory of information.	How to revise outside of school to improve memory of information.		
Extended Learning Checks	Participation in Sport unit tests.	Leadership / governing body practice questions.	Major events and governing bodies practice questions.	Technology in sport and practice exam questions.		

Precise Learning Endpoints (Students will be able to...)	1. Understand how to lead a sporting practical session. 2. Understand how to plan a sports coaching session. 3. Understand how to write a risk assessment for the coaching session.	1. Understand how to lead a sporting practical session. 2. Understand how to evaluate a coaching session. 3. Understand the barriers and solutions to participate in physical activity.	1. Understand how a major sporting event is bid for and secured by a country. 2. Understand the positives and negatives a country faces when hosting a major sporting event. 3. Understand the key roles and responsibilities of sporting governing bodies. 4. Understand how governing bodies influence their sport.	1. Understand different types of technology used in sport. 2. Understand how to answer exam questions using different revision techniques.		
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