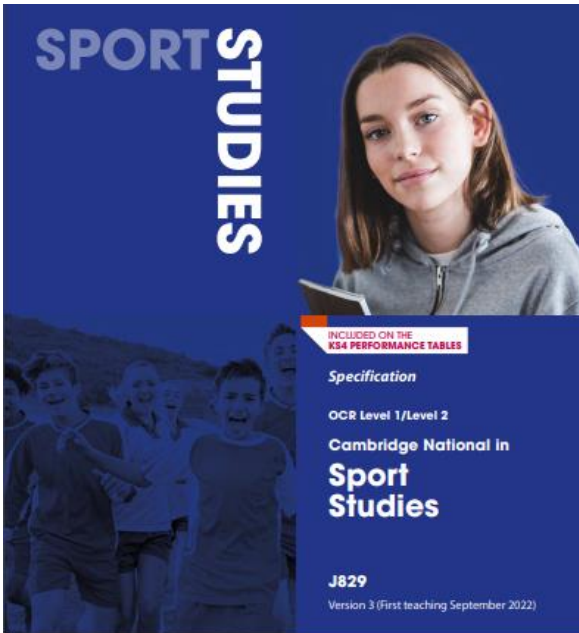


# PE Options Choices



- ▶ All pupils will receive TWO hours of CORE PE every week.
- ▶ In addition, for the 2024-2026 cohort pupils may select from these TWO GCSE PE options:
- ▶ OCR Cambridge National in Sport SCIENCE or OCR Cambridge National in Sport STUDIES.
- ▶ Both are vocational GCSEs, equivalent to grades 9-1.
- ▶ They offer a 40%/60% split between examination and coursework.
- ▶ Pupils may choose both options if they wish.
- ▶ For more information contact Ms E. Smith, Head of PE



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**OCR**  
Oxford Cambridge and RSA

# OCR Cambridge National: Sport Studies

- ▶ 40% externally assessed exam.
- ▶ 60% internally assessed coursework.
- ▶ Coursework will be a mixture of written and practical assessments therefore pupils should expect both practical and classroom lessons – THIS IS NOT A 100% PRACTICAL COURSE.
- ▶ Pupils will have 2 lessons a week in year 10, and 2.5 lessons a week in year 11.
- ▶ Pupils will also have 2 lessons a week of core PE (and may also choose OCR Sport Studies providing they will cope with the workload)



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# Sport Studies Course Content

- ▶ R184: Contemporary issues in sport
- ▶ Assessed by a 1hr15 minute written exam, taken in May/June of Year 11
- ▶ Worth 40% of overall marks
- ▶ By completing this unit they will understand a range of topical and contemporary issues in sport, including learning about participation levels and barriers to completing sporting activities. They will also learn how participation is impacted by the promotion of values and ethical behaviour, about the role of high-profile sporting events, the role of national governing bodies and how technology is used in within sport.



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# Sport Studies Course Content

- ▶ R185: Performance and leadership in sports activities
- ▶ This is assessed through a range of written and practical assignments over the two years, submitted for moderation in April of year 11.
- ▶ Worth 40% of overall marks
- ▶ In this unit they will have an opportunity to develop their skills both as a performer in two different sporting activities, and as a leader, developing a range of transferable skills. They will work both independently and as part of a team, including communicating with team mates as well as being in front of an audience when they perform. They will perform under pressure, both as a participant and as a leader, and will use their initiative to solve problems and make decisions. Finally, they will deal with rapidly changing conditions and situations.



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# Sport Studies Course Content

- ▶ R187: Increasing awareness of Outdoor and Adventurous Activities
- ▶ This is assessed through a range of written and practical assignments, submitted for moderation in January of year 11.
- ▶ Worth 20% of overall marks
- ▶ In this unit they will understand how to find out information about what opportunities there are in their local area as well as nationally in the UK for all different types of outdoor/adventurous activities. They will learn how to enjoy the activities safely by finding out what equipment, clothing, facilities and technology they need, as well as completing planning to help keep them safe.



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# Who should take Sport Studies?

- ▶ Anyone with an interest in sport who enjoys participating in a range of sports and may also be competing outside of school.
- ▶ Anyone who wants to go on to take a Level 3 Sport qualification e.g. A' Level PE or BTEC Level 3 in Sport
- ▶ Anyone who wants to go into a career in sport e.g. in sports coaching, public services, sports journalism, expedition leadership or sports/facilities management
- ▶ This course can be taken alongside the OCR Sport Science course.



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# OCR Cambridge National: Sport Science



- ▶ 40% externally assessed exam.
- ▶ 60% internally assessed coursework.
- ▶ Coursework will be a mixture of written and practical assessments therefore pupils should expect both practical and classroom lessons – THIS IS NOT A 100% PRACTICAL COURSE.
- ▶ Pupils will have 2 lessons a week in year 10, and 2.5 lessons a week in year 11.
- ▶ Pupils will also have 2 lessons a week of core PE (and may also choose OCR Sport Studies providing they will cope with the workload)

# Sport Science Course Content



- ▶ R180: Reducing the risk of sports injuries and dealing with common medical conditions.
- ▶ Assessed by a 1hr15 minute written exam, taken in May/June of year 11
- ▶ Worth 40% of overall marks
- ▶ By completing this unit pupils will prepare as a participant to take part in physical activity in a way which minimises the risk of injuries occurring. It will also prepare them to know how to react to common injuries that can occur during sport and physical activity, and how to recognise the symptoms of some common medical conditions.



# Sport Science Course Content cont.



- ▶ R181: Applying the principles of training: fitness and how it affects skill performance
- ▶ This is assessed through a range of written and practical assignments, submitted for moderation in May of year 11.
- ▶ Worth 40% of overall marks
- ▶ By completing this unit, they will conduct a range of fitness tests, understand what they test and their advantages and disadvantages. They will also learn how to design, plan and evaluate a fitness training programme. They will then interpret the data collected from these fitness tests and learn how best to feed this back.

# Sport Science Course Content cont.



- ▶ R182: The body's response to physical activity and how technology informs this
- ▶ This is assessed through a range of written and practical assignments, submitted for moderation in January of year 11.
- ▶ Worth 20% of overall marks
- ▶ By completing this unit they will gain understanding of how both the cardio-respiratory and musculo-skeletal systems provide them with the energy and movements needed to keep them exercising and in turn how exercise helps develop both systems. They will also learn about relevant technology and how this assists us in measuring changes in these systems.

# Who should take Sport Science?



- ▶ Anyone with an interest in sport, how the body works or how you can train to get fitter for a particular sport.
- ▶ Anyone who wants to go on to take a Level 3 Sport qualification e.g. A' Level PE or BTEC Level 3 in Sport
- ▶ Anyone who wants to go into a career in sport e.g. personal training, coaching or PE teacher or a career that is enhanced by the content covered in this course e.g. doctor, nursing, physiotherapy, sports psychology
- ▶ This course can be taken alongside the OCR Sport Studies course.

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