

<b>Key stage 4 – Year 10</b>	
Course title:	Level 1/Level 2 Cambridge National in Sport Studies
Exam board:	OCR
Specification code:	J829
	<b>Unit</b>
	<b>R185 Performance and Leadership in Sports Activities</b>
	OCR-set assignment
	60 marks
	Centre-assessed and OCR moderated
Term 1 (June – December)	<p>In this unit students 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. Students 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 performing. Students 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</p> <p><b>Topic Area 1: Key Components of Performance</b></p> <ul style="list-style-type: none"> <li>➤ Performance in two selected activities</li> <li>➤ Participating in two activities</li> <li>➤ Decision-making during performance</li> <li>➤ Managing and maintaining performance in individual activities</li> <li>➤ Their role and contribution to team activities</li> </ul>
Term 2 (January – April)	<p><b>Topic Area 2: Applying practice methods to support improvement in sporting activity</b></p> <ul style="list-style-type: none"> <li>➤ Strengths and weaknesses of sports performance</li> <li>➤ Methods to improve performance</li> <li>➤ Measuring improvement in performance</li> </ul> <p><b>Topic Area 3: Organising and planning a sports activity session</b></p> <ul style="list-style-type: none"> <li>➤ Organisation of a sports activity session</li> <li>➤ Safety consideration when planning sports activity session</li> <li>➤ Objectives to meet the needs of the group</li> </ul> <p><b>Topic Area 4: Leading a sports activity session</b></p> <ul style="list-style-type: none"> <li>➤ Organisation of a sports activity session</li> <li>➤ Leading a sports activity session</li> </ul>

<p>Term 3 (April - May)</p>	<p><b>Topic Area 5: Reviewing own performance in planning and leading a sports activity session</b></p> <ul style="list-style-type: none"> <li>➤ Review leadership of a sports activity session</li> </ul>
<p>Term 3 (June – July)</p>	<p style="text-align: center;"><b>Unit</b> <b>R184: Contemporary Issues in Sport</b></p> <p>This unit is assessed by an exam.</p> <p><b>Topic Area 1: Issues which affect participation in sport</b></p> <ul style="list-style-type: none"> <li><i>1.1 User groups</i></li> <li><i>1.2 Possible barriers</i></li> <li><i>1.3 Possible barrier solutions</i></li> <li><i>1.4 Factors which can positively and negatively impact upon the popularity of sport</i></li> <li><i>1.5 Emerging new sports in the UK</i></li> </ul>