



Year 11 Cambridge National in Sport Studies (OCR) – Curriculum Map 2025-2026

Your new journey begins...

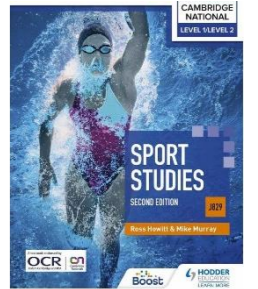


R184 – Contemporary Issues in Sport

Sit official exam on this unit in May.
1 hour 15 minutes – 80 marks

R184– Contemporary Issues in Sport

Revision in preparation for May exam!

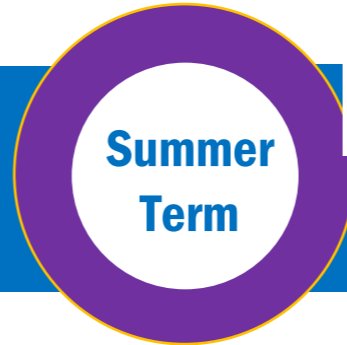


Opportunity to improve coursework in R185 and R186



R184– Contemporary Issues in Sport

Revisit all topic areas and address misconceptions or weaknesses.



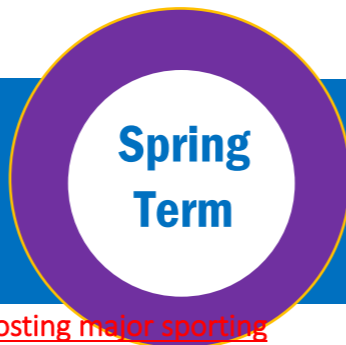
TA5 – The use of technology in sport

- Enhancing performance
- Increase safety
- Increase fair play and accuracy of officiating
- Enhance spectatorship
- Positives and Negatives



TA4 – Role of NGB's in sport

- What NGBs do
- Promotion
- Development
- Structure
- Funding

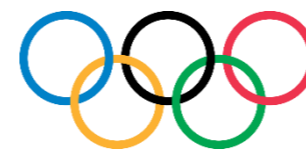


- Values
- ❖ High Expectations
 - ❖ Leadership
 - ❖ Continuous Improvement
 - ❖ Knowledge
 - ❖ Character



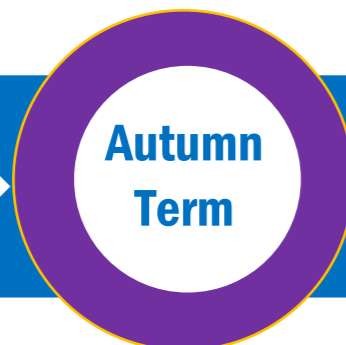
TA3 – Implications of hosting major sporting events

- Features of major sporting events:
- Potential legacy of hosting
- Benefits and Drawbacks of hosting



TA2 – Role of Sport in Promoting Values

- Values promoted through sport
- Olympic and Paralympic movement
- Values of Initiatives and Events
- Etiquette and Sporting Behaviour
- Drugs in Sport and Ethical Issues



TA1 – Understand the issues which affect participation in sport

- Different user groups.
- Possible barriers
- Solutions (Provision, Promotion & Access)
- Popularity of sport in the UK
- Current trends
- New sports in UK

R184 – Contemporary Issues in Sport

EXAM component of the course.

R184 – Contemporary Issues in Sport

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Your CNAT Sport Studies Journey continues here...



Gartree High School

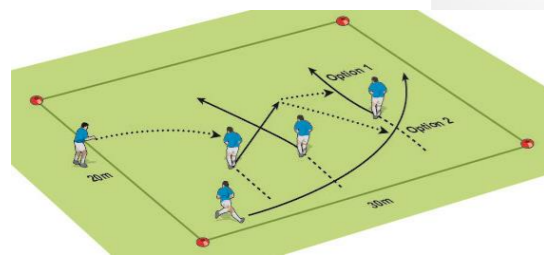
Year 10 Cambridge National in Sport Studies (OCR) – Curriculum Map 2024-2025

Progress onto Year 11



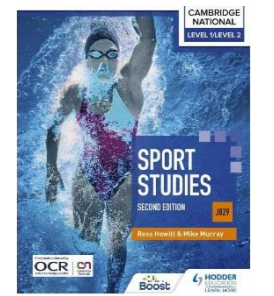
TA5 – Reviewing Own Performance of Sessions

- Key aspects considered: Plan and delivery:
- What went well? (WWW)
 - What did not go well? (EBI)
 - What could be improved for the future?



TA4 – Delivering Sessions

- Delivering sessions focussing on:
- Safe practice
 - Delivery Style
 - Communication skills
 - Motivation techniques
 - Activity-specific knowledge
 - Adaptability.



Opportunity to improve coursework in R186 and R185

Summer Term

TA2 Applying Practice Methods

- Strengths and weaknesses
- Methods to improve
- Measuring improvement



TA1 – Organising and Planning Sport Activity Sessions

- Key considerations when planning sport activity sessions (objectives, equipment, timing, engagement & organisation).



Values

- ❖ High Expectations
- ❖ Leadership
- ❖ Continuous Improvement
- ❖ Knowledge
- ❖ Character



TA1- Provision for different types of outdoor and adventurous activities in the UK

- Understand where to find out about Outdoor and adventurous Activities locally and nationally
- How do Outdoor Activity organisations work?



R185 Performance and Leadership in Sports Activities

TA1 – Key Components of Performance

- Performance in two activities.
- Skills and techniques, tactics, strategies and compositional ideas.
- Decision making and role within the team.

Spring Term

TA2 – Equipment, clothing and safety aspects of participating in outdoor and adventurous activities

- Consider what specialist equipment, clothing and technology is needed for different Outdoor and Adventurous activities
- Understand the different environments/terrains used



Autumn Term

Introduction to Sport Studies

What is CNAT Sports Studies?
Expectations of the Course. Identify chosen sports for R185

R187 Increasing awareness of Outdoor and Adventurous Activities

Outdoor and Adventurous activities give opportunities for students to engage in a natural outdoor setting.



TA3 – Plan for and be able to participate in an outdoor and adventurous activity

- Understand key considerations when Planning an Outdoor and Adventurous activity



TA4 – Evaluate participation in an Outdoor and Adventurous Activity

- Understand how to evaluate a session
- What went well?
- What could have been improved?
- Mental, physical and social benefits



Your CNAT Sport Studies Journey starts here...