Cambridge National

Sports Studies

At key stage 4 we offer the Cambridge national Sports Studies qualification that involves students completing a combination of internally and externally assessed modules. The course offers students the chance to develop knowledge and understanding in four key areas of sport and physical activity. The units students will cover over their two years of the course are;

RO51- Contemporary issues in sport- This unit is assessed with a formal exam and is worth 25% of the overall grade. Within this unit students knowledge and understanding of the wider issues affecting sports participation and be assessed in the following areas;

- LO1- Understand the issues which affect sport and physical activity
- LO2- Know about the role of sport in promoting values
- LO3- Understand the importance of hosting major sporting events
- LO4- Know about the role of national governing bodies in sport

RO52- Developing sports skills- This unit delivered over the 2 year of the course will allow students to develop and improve sports skills in individual and team-based activities. Students will be assessed in the following areas;

LO1- Be able to use skills, techniques and tactics/strategies/compositional ideas as an individual performer in a sporting activity

LO2- Be able to use skills, techniques and tactics/strategies/compositional ideas as a team performer in sporting activity

LO3- Be able to officiate in a sporting activity

LO4- Be able to apply practice methods to support improvement in a sporting activity

RO53- Sports leadership – This unit is internally assessed and externally moderated and the grade for this unit makes up 25% of the overall grade. This unit allows students to experience and develop leadership attributes and qualities that allows them to deliver purposeful, enjoyable and safe sport and physical activity sessions. Students area assessed in the following areas;

LO1- Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership

LO2- Be able to plan sports activity sessions

LO3-Be able to deliver sports activity session

LO4- Be able to evaluate own performance in delivering a sports activity session

RO56- Developing knowledge and skills in outdoor adventurous activities- This unit is internally assessed and external moderated and the grade for this unit makes up 25% of the overall grade. This unit allows students to gain a knowledge and understanding of outdoor adventurous activities and how they can contribute to a healthy active lifestyle when planned safely and effectively. Students are assessed in the following areas;

LO1-Know about different types of outdoor activities and their provision

LO2-Understand the value of participating in outdoor activities

LO3-Be able to plan an outdoor activity

LO4-Be able to demonstrate knowledge and skills during outdoor activities

Curriculum plan for class of 2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11	**RO51:** Issues which affect participation in sport **RO51**: Know about the role of promoting sporting values	**RO51:** Understand the importance of hosting major sporting events **RO51:** Know about the role of national governing bodies	**RO51: Examination**		**RO51: Exam revision** **RO53** and **RO54:** Final NEA moderation.	**RO51: Exam re-sit**
	RO52: Applying practice methods to support improvement in a sporting activity Teaching content	**RO52:** Applying practice methods to support improvement in a sporting activity Teaching content	**RO52:** Performance of skills and techniques **R052:** How to apply rules and regulations relevant to the activity.	**RO52:** Performance of skills and techniques **R052:** How to apply rules and regulations relevant to the activity. **RO52: Moderation**		

Curriculum plan for class of 2023.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	**RO52:** Performance of skills and techniques **RO52:** Applying practice methods to support improvement in a sporting activity Teaching content	**RO52:** Key components of performance **RO52:** Applying practice methods to support improvement in a sporting activity Teaching content	**R052:** How to apply rules and regulations relevant to the activity. **RO52:** Applying practice methods to support improvement in a sporting activity Teaching content	**R052:** How to apply rules and regulations relevant to the activity. **RO52:** Applying practice methods to support improvement in a sporting activity Teaching content	**RO52:** How to apply practice methods to support improvement in sport and physical activity **RO52:** Applying practice methods to support improvement in a sporting activity Teaching content	**RO52:** How to apply practice methods to support improvement in sport and physical activity **RO52:** Applying practice methods to support improvement in a sporting activity Teaching content
	RO56: Provision for different types of outdoor and adventurous activities in the UK	**RO56:** Equipment, clothing and safety aspects of participating in outdoor and adventurous activities	**RO56:** Plan for and be able to participate in an outdoor and adventurous activity	**RO56:** Plan for and be able to participate in an outdoor and adventurous activity	**RO56:** Evaluate participation in an outdoor and adventurous activity	**RO56:** Evaluate participation in an outdoor and adventurous activity

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 11	**RO51:** Issues which affect participation in sport **RO51**: Know about the role of promoting sporting values	**RO51:** Understand the importance of hosting major sporting events **RO51:** Know about the role of national governing bodies	**RO51: Examination** **RO53:** Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership **RO53**: Be able to plan sports activity sessions	**RO53:** Be able to deliver sports activity sessions	**RO51: Exam revision** **RO53**: Be able to evaluate sport and activity sessions **RO53** and **RO56:** Final NEA moderation	**RO51: Exam re-sit**
	RO52: Applying practice methods to support improvement in a sporting activity Teaching content	**RO52:** Applying practice methods to support improvement in a sporting activity Teaching content	**RO52**: Moderation Prep	**RO52: Moderation**		

Below are some suggestions about how you could approach the content in each of the units. They are designed to be developed and to match the needs of our students and maximise teacher expertise and approach.

Knowledge and understanding	Practical activities
Contemporary issues in sport Depending on which optional unit is chosen some of the content that is covered can be integrated with other unit content. The barriers and solutions that affect user groups participation can be taught with the local and national provision of Outdoor and adventurous facilities in RO56. The role of sports to promote values is required so students understand concepts of fair play, etiquette and sportsmanship when participating in RO52 and leading practical activities in RO53. This should provide an excellent opportunity to contextualise the theory and principles alongside practice, to internalise learning and to prepare students for the terminal assessment. Through integrating theory with practical activities required in NEA units, and using mock and practice assessments, students will be well prepared for the terminal examination in RO51 They will be able to relate theory to practice, and to put into context responses to questions they are asked.	**Performance and leadership in sports activities** Students will develop a greater understanding of their strengths and weaknesses in two sports after having time to practice and perform so they can know how they can improve their skills in both. They can practically demonstrate the accepted behaviours and etiquette and take this into their leadership session to emphasise them further and pass them onto others. **Increasing awareness of Outdoor and Adventurous Activities** Visiting outdoor and adventurous facilities will enable a visible link to the availability of them and how the NGBs have tried to improve participation in the activities. Getting a visiting coach or instructor (RO56) to give a talk about what is required to plan, run and evaluate a session will enable candidates to develop a better understanding of how to produce, deliver and evaluate their own sessions and prepare them for the NEA assessment in both units. Also knowing the sporting values which the activities are trying to promote will allow them to

Knowledge and understanding	Practical activities
	effectively implement them into their sessions.