

Stanground Academy

OCR Sport Studies

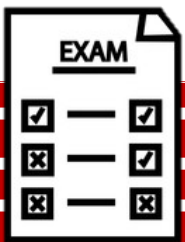
Learning Journey



Study Level 3 Sport at STA.

Sit exam
May
Year 11

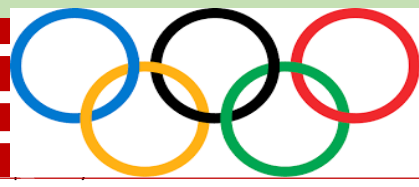
Topic Area 4 Know about the role of national governing bodies in sport
You will be able to identify a range of National Governing Bodies in UK sport, what do they do as well as how do they improve participation and performance in the sports at local and national level



Topic Area 1: Understand the issues which affect participation in sport
You will identify groups that have a low level of sport participation and what barriers they have to stop them taking part.

Topic Area 2: Know about the role of sport in promoting values
You will look at what values sport promotes in wider society and look at how the Olympics and Paralympics help to encourage these values.

Topic Area 3: Understand the importance of hosting major sporting events
You will look at a variety of sporting events both at national and international level, we will look through the benefits and the drawbacks of hosting these events.



Topic Area 5: Reviewing your own performance in planning and leading of a sports activity session
You will need to review your lesson for strengths and weaknesses for your communication, organisation, leadership, skills of the sport and safety.

Topic Area 4: Leading a sports activity session
You will teach your lesson to a small group of Year 7 students, you need to consider your communication, organisation, leadership, skills of the sport and safety during the lesson.

Unit R184
Contemporary Issues in Sport

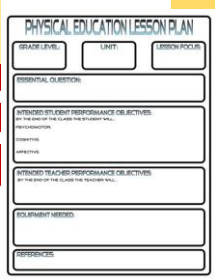
R187 completed
by November
Moderation
January of Year 11



YEAR
11

Topic Area 2: Applying practice methods to support improvement in a sporting activity
You will need to review your strengths and weaknesses in one of the sports you got marked in. You will then need to complete a plan on how to improve a weakness.

Topic Area 3: Organising and planning a sports activity session
You will need to plan a lesson to teach a small group of Year 7 in a sport of your choice, you must also complete a risk assessment within the lesson plan.



Topic Area 1: Key components of performance
You will get marked on your ability to perform in several sports, then finalising on your best 2. These grades can be improved throughout Y10 until moderation in April

Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities
For this TA you will need to complete a detailed list with the reasons why you use them, of the equipment, clothing, technology, safety aspects and terrain for the 3 Outdoor Adventurous Activities.

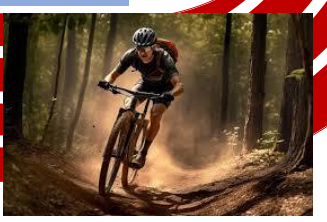
Unit R185
Performance & Leadership in sport

R187 completed
by April
Moderation May of
Year 10



Topic Area 4: Evaluate participation in an outdoor and adventurous activity
Once the OAA trip is completed you will need to evaluate your performances with your strengths and weaknesses as well as how you can improve your weaknesses. You will also need to describe the social, mental and physical benefits OAA has to you.

Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK
Within the changing scenario you will be given 3 Outdoor Adventurous Activities, you will need to find and describe 3 local provisions and 3 national provisions for each.



Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity
Students will be planning an OAA trip out of school (normally conducted at Ferry Meadows to do orienteering). You are graded on your performance and planning of the expedition.

Unit R187
Increasing Awareness of Outdoor & Adventurous Activities (OAA)

YEAR
10

START

#ASPIRE

- Ambition
- Social Responsibility
- Progress
- Integrity
- Respect & Kindness
- Excellence