

OCR Sport Studies Learning Journey

TA1: Issues which affect participation in sport
 TA2: The role of sport in promoting values
 TA3: The implications of hosting a major sporting event for a city or country
 TA4: The role national governing bodies (NGBs) play in the development of their sport
 TA5: The use of technology in sport

TA1: Provision for different types of outdoor and adventurous activities
 TA2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities
 TA3: Plan for and be able to participate in an outdoor and adventurous activities
 TA4: Evaluate participation in an outdoor and adventurous activity
 You will be assessed through assignments and practical activities.

R187: Increasing awareness of outdoor and adventurous activities

Post 16

R184: Contemporary issues in sport EXAM

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R185: Performance and Leadership in sports activities

TA1: Key Components of performance
 TA2: Applying practice methods to support improvement in a sporting activity
 TA3: Organising and planning a sports activity session
 TA4: Leading a sports activity session
 TA5: Reviewing your own performance in planning and leading a sports activity session
 You will be assessed in assignments and practical work

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Pathways focusing on embedding knowledge

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Alternative:
 Focus on different sports and leadership.
 Flag football
 Lacrosse
 Ultimate frisbee
 Water polo
 Volleyball
 Table Tennis
 Links to OCR as there will be elements of planning and leading and looking at contemporary issues within sport

Games:
 Rugby
 Football
 Netball
 Handball
 Water Polo
 Each sport will continue to develop skills aiming for students to complete to a good standard. There will be a particular focus on tactics and strategies and use of positions to gain and keep advantage.
 Links to GCSE and OCR

Assessment:
 Students will be assessed practically on skills in isolation and put within a competitive situation. They will be graded against the GCSE criteria basic, competent and good.

Aesthetics:
Dance:
 Recreating a piece of choreography and developing physical and expressive skills

Cheerleading:
 Using skills from year 8 and year 9 to create own cheer routine

Trampolining:
 Refining basic skills and developing more advanced skills and combinations. Creating and performing own sequence.

Students will do a lot of performances and peer assessed work.
 Links to BTEC dance and GCSE PE

Key stage 3 KEY WORDS:
 Every lesson students will have 3 key terms to focus on and support their activity and lessons. These key terms link to GCSE, OCR and BTEC dance terminology. One word will always link to our 5R's Ready to learn, Respect, Resilience, Resourceful and Reflective .

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Continuing a Range of activities developing skills to competent

Swimming
 Focus on front crawl, backstroke and breast stroke.
 Demonstrate body position, arms, legs and breathing technique in isolation and then put all together in a competitive situation.

Invasion Games:
 Netball, football, handball, rugby
 All will focus on passing, attacking and defensive strategies and positions and tactics.
 Each skill will be taught in either isolation and/or modified games.

Fitness:
 Look at range of training methods and fitness classes and link to components of fitness and how they can develop performance.

Athletics:
 Throw: Shot put, discus and javelin
 Jump: Long Jump, high jump and triple jump
 Track: 100m, 200m, 800m and relay

Range of activities focusing on basic skills

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All will focus on breaking the skill down, focusing on technique and then performance.

Aesthetics:
Trampolining: Work through basic jumps and twists and including those into a sequence. Once mastered students will move onto combinations and advanced skills.
Gymnastics: Focus on balances, jumps, travel and sequences.
Dance: Look at a particular style of dance and recreate a routine using a range of actions and dynamics, space and relationships.
Cheerleading: Create a routine including key aspects of cheer e.g. jumps, motions, pyramids and stunts.

Striking and fielding:
 Cricket, rounders and softball
 All will focusing on batting and fielding techniques in isolation and then how they can be transferred into a game situation. Tactics and strategies will be discussed and put into a competitive situation.

Racket:
Badminton:
 Focus on serving, drop, net, overhead clear and smash shot isolation and transfer skills into a single and doubles match. Begin to look at tactics and strategies.