

Year 10 OCR National Sport Studies (All groups)

R051, R053

Your OCR National course is spread over 3 years to ensure we have plenty of time to cover all of the theoretical, practical and coursework aspects of the course in as much detail as possible.

- You will have 3 lessons per week for OCR National. The amount of practical and theory lessons will depend upon the unit that is being completed.
- Below you will find an overview of the course through the year but this will be subject to change due to a number of different reasons
- Each Unit will have a number of assessments throughout and will be a range of methods of assessments.

HALF TERM	WEEK	Double lesson	Learning Outcome	Single lesson	Learning Outcome	Assessment
1	1	Leadership Roles and opportunities in sport	R053 – LO1	Different user groups	R051 - LO1	LO1/2 Witness Statement and video LO4 Written Report
	2	Role related responsibilities	R053 – LO1	Possible barriers which affect participation	R051 - LO1	
	3	Personal qualities	R053 – LO1	Possible barriers which affect participation	R051 - LO1	
	4	Leadership styles with modern day examples	R053 – LO1	Solutions to barriers	R051 - LO1	
	5	Write up LO1	R053 – LO1	Solutions to barriers	R051 - LO1	
	6	Write Up LO1	R053 – LO1	Factors that impact the popularity of sport	R051 - LO1	
	7	Write up LO1		Recap LO1	R051 - LO1	
	8	Write Up LO1		Recap LO1	R051 - LO1	
October Half Term						
2	1	Considerations when planning	R053 – LO2	Olympic and Paralympic movement and other initiatives	R051 – LO2	LO3 Witness Statements R051 - LO1 Exam unit
	2	Plan Sports Activity Risk Assessment	R053 – LO2	Values which can be promoted through sport	R051 – LO2	
	3	Plan Sports Activity Risk Assessment	R053 – LO2	Performance enhancing Drugs	R051 – LO2	
	4	Plan Sports Activity Risk Assessment	R053 – LO2	Performance enhancing Drugs	R051 – LO2	
	5	Plan Sports Activity - Risk Assessment Hand In	R053 – LO2	The importance of etiquette and sporting behaviour	R051 – LO2	
	6	Deliver Sports Activity Session		Features of a major sporting event	R051 – LO3	
Christmas						
3	1	Deliver Sports Activity Session	R053 – LO3	Drawbacks of a major sporting event	R051 – LO3	R051 - LO1 Exam Unit R051 – LO2 Exam Unit
	2	Deliver Sports Activity Session	R053 – LO3	Benefits of a major sporting event	R051 – LO3	
	3	Evaluate Own Performance	R053 – LO4	Links between the potential benefits, Drawbacks and legacy	R051 – LO3	
	4	Evaluate Own Performance	R053 – LO4	Promotion, development and infrastructure	R051 – LO4	
	5	R053 - Upgrading		Funding and support	R051 – LO4	
	6	R053 Upgrading		Policies and initiatives	R051 – LO4	
February half term						
4	1	Catch Up week		Catch Up week		R051 – LO3 Exam Unit R051 – LO4 Exam Unit Mini Mock
	2	Recap -		Recap -	R051	
	3	Mini Mock		Mini Mock	R051	
	4	Feedback and analysis		Feedback and analysis	R051	
	5	Revision		Revision	R051	
	6	Revision		Revision	R051	
Easter Holidays						
5	1	Revision				R051 - EXAM R053 – LO1 Written report
	2	Revision				
	3	Exam (13 th May 2020 pm) 1 Hr – R051 – Contemporary issues in sport				
	4	Practical		Practical		
	5	Practical		Practical		
May Half Term						
6	1	Preparation for R055		Preparation for R055		
	2					
	3					
	4					
	5					
	6					
	7					
SUMMER HOLIDAY						