



Physical Education (PE): OCR

What will I learn about?

The OCR Level 1/Level 2 Cambridge National in Sport Studies will develop knowledge, understanding and practical skills that can be used in the Exercise, Physical Activity, Sport and Health sector.

You may be interested in this qualification where you will use your learning in practical, real-life situations, such as:

- Understanding contemporary issues in sport and how they impact on different sporting activities
- Applying your skills as both a performer in two different sporting activities and as a leader in one sporting activity
- How to be a sports leader, through using your initiative to solve problems and making decisions when dealing with rapidly changing conditions and situations
- Applying your skills to participate in an outdoor and adventurous activity in a natural setting and environment.

How will my work be assessed?

The qualification equips you with sound specialist knowledge through practical application. Students will study two mandatory units and one further unit chosen by the PE department.

The two mandatory units are:

R184: Contemporary issues in sport

This is assessed by an exam and topics include:

Issues which affect participation in sport

- The role of sport in promoting values
- The implications of hosting a major sporting event for a city or country
- The role National Governing Bodies (NGBs) play in the development of their sport
- The use of technology in sport.

R185: Performance and leadership in sports activities

This is assessed by a set assignment and topics include:

- Key components of performance
- Applying practice methods to support improvement in a sporting activity
- Organising and planning a sports activity session
- Leading a sports activity session
- Reviewing your own performance in planning and leading a sports activity session



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The Further Unit will be:

R187: Increasing awareness of Outdoor and Adventurous Activities

This is assessed by a set assignment and topics will include

- Provision for different types of outdoor and adventurous activities in the UK
- Equipment, clothing and safety aspects of participating in outdoor and adventurous activities
- Plan for and be able to participate in an outdoor and adventurous activity
- Evaluate participation in an outdoor and adventurous activity

Who can I speak to for more information?

For more information about PE please speak to Mr Williams, Curriculum Area Leader for PE or contact options@penistone-gs.uk