KINGSWINFORD ACADEMY
ASPIRE TO EXCELLENCE

Year 11 Achieve Excellence - Parent Support Guide
Sports Studies

Key Exam Information:
Exam Board: OCR Cambridge National Sports Studies - Level 2

Assessment:
1 Coursework - Unit R186 Sport and the Media (COMPLETED)

- Topic Area 1: The different sources of media that cover sport
- Topic Area 2: Positive effects of the media in sport
- Topic Area 3: Negative effects of the media in sport

2 Coursework - R185 Performance and Leadership (To be completed by Christmas)

- Topic Area 1: Key components of performance
- Topic Area 2: Applying practice methods to support improvement **(To be completed by Christmas)**
- Topic Area 3: Organising and planning a sports activity session **(completed)**
- Topic Area 4: Leading a sports activity session (completed)
- Topic Area 5: Reviewing your own performance in planning and leading (completed)

Key content:

- ***Developing performance skills*** *in two chosen sports*
- ***Rules, regulations and roles of officials***
- ***Planning, leading and reviewing*** *a sports activity session*
- ***Evaluating own performance and leadership***

Skills developed:

- *Practical performance and officiating*
- *Leadership and communication in a coaching role*
- *Planning and reviewing sessions effectively*
- *Reflective evaluation skills*

3 Exam - Unit R184 Contemporary issues in sport

- Topic Area 1: Issues which affect participation in sport
- Topic Area 2: The role of sport in promoting values
- Topic Area 3: The implications of hosting a major sporting event for a city or country
- Topic Area 4: The role National Governing Bodies (NGBs) play in the development of their sport
- Topic Area 5: The use of technology in sport

Key content:

- ***Barriers to participation*** *in sport and how to overcome them*
- ***Values promoted through sport*** *(teamwork, fair play, inclusion, etc.)*
- ***The role of governing bodies*** *(rules, development, funding, initiatives)*
- ***Major sporting events*** *(benefits/drawbacks, legacy, impact)*
- ***The media and sport*** *(types of media, positive/negative influences)*
- ***Technology in sport*** *(performance, officiating, audience experience)*

Skills developed:

- *Understanding and explaining key issues in sport*
- *Applying knowledge to real-life sporting examples*
- *Exam technique and structured written responses*

Course Overview:
R185: Performance and Leadership - to be Completed by Christmas Holidays

R184 (EXAM) - Content delivered after Christmas break

Dates of key assessments and deadlines:
May 2027 - Year 11 R185 Moderation (Coursework Due December 2026)
May 2027 - R184 Exam

Links to past papers and revision guides:
All students have access to their google classrooms, where you will find powerpoints and useful resources.

CNAT Sport Past Papers - CNAT Sport Past Papers
Online E-revision Platform- Sports Studies E-revision
Revision Resource - The PE Classroom

Links to revision sites/ resources:
- Ensure students have completed all coursework for R186 Sport in the Media, R185 Practical Sport unit.
- Purchase the Sports Studies revision guide (£3.25).
- Ask students questions from the revision guide.
- Put the exam dates on a calendar.
- Prompt students to access the extensive revision resources on the google classroom.
- Prompt students to use the e-revision platform (all have their own login)
- Homework will be set on the e-revision.

Point(s) of contact:
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