



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

- Topic Area 1: Key components of performance
- Topic Area 2: Applying practice methods to support improvement
- 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:

Topic Area 2 - Finalising before October half term

Topic Area 1 - To be completed from October-December

R184 (EXAM) - Content delivered after Christmas break

Dates of key assessments and deadlines:

May 2026 - Year 11 R185 Moderation

23/02/26 - 27/02/26 - Year 11 Mock Examinations 2 (R184)

08/05/2026 - 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.
- Encourage students to attend Thursday after school intervention sessions.
- 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:

Mr B Moore - bmoore@kingswinford.windsoracademytrust.org.uk

Teacher of PE