

Cambridge National Sports Studies	<p>In Year 10 and 11 students will complete three units to this course. They include contemporary issues in Sport, Performance and Leadership in sports activities and Outdoor and adventurous activities. Across these Units, students will develop an understanding of contemporary issues in sport and how they impact on different sporting activities. Learn how to apply your skills as both a performer in two different sporting activities and as a leader in one sporting activity. Learn how to be a sports leader, through using your initiative to solve problems and making decisions when dealing with rapidly changing conditions and situations. Develop an understanding of t Outdoor and adventurous activities and apply this to real life examples. Finally, how to evaluate and interpret their own leadership abilities. This is done through a variety of assessments including examinations, practical activities, assignment/report writing and lesson planning.</p>		
Units	Contemporary Issues R184 M (48 GLH)	Performance & Leadership in Sports Activities R185 M (48 GLH)	Outdoor Adventurous Activities R187 O (24 GLH)
Topics	4	5	4
Knowledge	<ul style="list-style-type: none"> • Develop key knowledge in the following areas: • Contemporary Issues – Issues that affect participation sport/The role of sport in promoting values/Implications of hosting a major sporting event/The role of NGB's in sport and the impact of technology in sport. • Performance and Leadership – Strength & Weaknesses of your performances/How to organise a planned sports activity/How to apply practice methods to support improvement in a sports session and how to lead a sports session. • Outdoor and adventurous activities give students the opportunity to engage in activities in a natural outdoor setting and develop leadership skills. 		
Understanding	<ul style="list-style-type: none"> • Understand and apply the fundamental principles and concepts of Sport Studies • Understand topical and contemporary issues n sport, including why people do and do not participate in sport, the promotion of ethics and values, the roles of National Governing Bodies and high-profile events have in sport, as well as how technology is used within sport • In Outdoor and adventurous activities, students will learn how to find local and national activity opportunities in the UK, ensuring you can enjoy and benefit from them safely by understanding the necessary equipment, clothing, facilities, and planning. • Understand how to develop a plan, write and evaluate an activity session, to further develop leadership skills 		
Skills	<ul style="list-style-type: none"> • Develop skills as a performer in two different sporting activities and learn how to lead sporting activity sessions • Develop learning and practical skills that can be applied to real-life contexts and work situations • Learn to analyse their own performance to help improve themselves and their skills in sport • Develop the skills of team working, research and planning and understand that sports performance goes far beyond just the simple physical activity of sport 		
Assessment	<p>This unit is assessed by an exam. The exam is 1 hour and 15 minutes. It has three Sections – Section A, Section B and Section C.</p> <p style="text-align: center;">Total 70 marks</p>	<p>Students are assessed in any 2 sports and are graded out of 14 marks for each.</p> <p>Students are graded out of 14 marks in each topic: Applying practice methods to support improvement Organising and planning a sports activity session Leading a sports activity session Reviewing your own performance (graded out of 10)</p> <p style="text-align: center;">Total 80 marks</p>	<p>The four topics covered are assessed as follows: Provision for different types of outdoor and adventurous activities in the UK Equipment, clothing and safety aspects of participating in outdoor and adventurous activities Increasing awareness of 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</p> <p style="text-align: center;">Total 40 marks</p>
% Final Grade	40% of final grade	40% of final grade	20% of final grade