



Curriculum Overview- Cambridge National Sport Studies

Curriculum Intent

The Cambridge Nationals Sport Studies course is designed to give students a broad and practical understanding of sport and its place in society. Through exploring contemporary issues in sport, learners will develop insight into how these challenges affect different sporting activities and participants. They will also build their practical abilities by taking on the roles of both a performer in two sports and a leader in one, developing leadership, problem-solving and decision-making skills in dynamic and changing environments. In addition, students will examine the powerful relationship between sport and the media, learning how sport is represented and the impact this has, using real-life examples to support their understanding.

This qualification supports the development of transferable skills that are essential both in sport and across many areas of life and work. These include independent research, teamwork, planning and evaluating training programmes, and communication through report writing and presentations. It also helps to foster healthy lifestyle habits and leadership abilities, preparing students for future opportunities in the Exercise, Physical Activity, Sport and Health sector. As a vocational option at Key Stage 4, it complements GCSE learning and provides a strong foundation for further study or career progression in sport-related fields.

What new knowledge or skills are students taught?

Term	Year 10	Year 11
Autumn	R186 Sport and the Media	R185 Performance and leadership in sports activities
Spring / Summer	R186 Sport and the Media And R185 Performance and leadership in sports activities	R184 Contemporary issues in Sport
Rationale for this sequencing	Pupil's complete coursework for Unit R186 in Year 10 to ensure their work can be submitted to OCR in March due to the way in which the live assessment work. At the end of Year 10 students start R185 which provides an opportunity for student to focus on their practical and leadership skills. At the start of Year 11, students will complete R185 before moving onto the final unit, R184, to learn the content for their examination which will be taken in the summer term of Year 11.	