De La Salle School

Cambridge National OCR Sport Studies

Learning Journey

YEAR 11

- R184 contemporary studies exam.
- R184 L05 The use of technology in sport
- R184 L03 The implications of holding a major sporting event
- R184 L04 The role the National Governing Bodie splay in the development in sport
- R184 L01 issues which effect sports participation
- R184 L02 The role of sport in promoting values
- R184 Contemporary issues in sport
- R185 L02 finish training plan
- R185 L04 leading sports leader activity
- R185 L05 Review own performance in the planning and delivery of a sports activity session

YEAR 10

- Introduction to the course
- R187 increasing awareness of outdoor & adventurous activities
- R187 L01 provision for different types of outdoor & adventurous activities in the UK
- R187 L02 equipment clothing & safety aspects of participating in outdoor & adventurous activities
- R187 L04 Evaluate performance
- R187 L03 Plan for & be able to participate in outdoor & adventurous activities
- R185 performance and leadership in sports activities
- R185 L01 Key components of sports
- Basketball
- Log books
- R185 L02 Applying practice methods to support movement in a sporting activity
- Table tennis
- R185 L03 organizing & planning a sports activity

PREFECT