



Dear Year 9 Students,

Welcome to the OCR Sports Studies course! We are thrilled to have you embark on this exciting journey with us. Over the next two years, you will delve into various aspects of contemporary issues in sport, practical performance and leadership, as well as promoting outdoor and adventurous activities.

As you prepare to delve into the course, we want to provide you with some essential information about what to expect and how to best prepare.

The structure of the course, as outlined by the exam board OCR, is as follows:

Unit	Content	Marks and %
R184 Contemporary issues in sport (Exam to be sat last)	- Issues which affect participation in sport The role of sport in promoting values The implications of hosting major sporting events The role of National Governing Bodies in the development of sport The use of technology in sport	70 marks 40%
R185 – Performance and leadership in sports activities	*Practical performance in 2 sports Applying practice methods to improve performance Organising and planning a sports activity session *Delivering a sports activity session Reviewing your own performance in planning and leading	80 marks 40%
R187 - Increasing awareness of outdoor and adventurous activities (OAA)	Provision for different types of OAA in the UK Equipment, clothing and safety aspects of participating in OAA *Plan for and be able to participate in an OAA Evaluate participation in an OAA	40 marks 20%

Aspects of the course which are marked with a (*) means that they are assessed practically.

We want to prepare you for the structure of our Sports Studies course. While practical sessions are essential, **it's crucial to note that these can only occur should**

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coursework be completed and deadlines are being met. If students fall behind, staff will be contacting home for mandatory intervention to take place. **Please note that this could occur during core PE lessons or after school.** Therefore, we expect students to actively engage in discussions, take comprehensive notes, and participate in group activities to deepen their understanding of these topics which will help them adhere to coursework deadlines.

To best prepare for the course, we encourage students to engage in their PE lessons by breaking down their sessions and understanding how they are structured whilst they are being taught. In these lessons, students can get ideas of drills and how to break skills down so they can be taught to students of different abilities. Likewise, to further prepare for unit R185, students are encouraged to help the PE department with the running of extra-curricular activities for the younger year groups. This will develop their confidence and leadership and support them when it comes to being assessed in planning and delivering a sports activity session.

This active involvement will significantly support students during assessment moderation days, as they will demonstrate greater skilfulness and a comprehensive understanding of the sports they are being assessed in. Therefore, we encourage you to seize these opportunities and immerse yourself fully in what the PE department offers.

If you wish to get a head start on the course and research over the summer break, please join the attached classroom where there are research tasks which can support you with your coursework next year.

<https://classroom.google.com/c/Nzg2MDk2MjcwODU3?cjc=xif5voc3>

Remember, we are here to support you every step of the way. Please don't hesitate to reach out if you have any questions or concerns.

Sincerely,

Mr. Herbert

Head of Physical Education



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