



KS4 Curriculum Overview

Sports Studies

OCR Cambridge Nationals

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.

How does the KS4 curriculum build on that from KS3?

Cambridge Nationals Sport Studies builds on pupils' enthusiasm for PE by exploring the wider context of sport and physical activity. The course goes beyond practical performance to include learning about contemporary issues in sport, the role and impact of the media, and the skills required for effective sports leadership. Pupils will develop their ability to perform in different sports, lead others, and understand how sport influences and is influenced by society. This course supports both personal development and preparation for future roles in the sport and physical activity sector.

What do students do with this knowledge or these skills?

Students will develop practical and interpersonal skills that are relevant to real-life situations, such as leading sports activities, working as part of a team, and making informed decisions under pressure. The course encourages pupils to think critically and reflectively, building confidence and independence in their abilities. They will also gain experience in planning, delivering and evaluating sports sessions, as well as developing their communication and organisational skills. These experiences will prepare learners for further study or careers within the sport and physical activity sector, while also equipping them with valuable skills that are transferable to a range of life and work settings.

How does the KS4 curriculum align to the National Curriculum?

The Cambridge Nationals Sport Studies course aligns closely with the aims of the National Curriculum by offering pupils a broad and balanced understanding of physical education and the wider role of sport in society. Through both practical and theoretical components, pupils engage with key curriculum themes such as developing competence in a range of physical activities, understanding the benefits of physical activity and healthy lifestyles, and learning how to lead and collaborate effectively. The course ensures that students access all elements of the National Curriculum while deepening their knowledge through applied, real-world contexts.

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	<p>R186 Sport and the Media</p> <p>And</p> <p>R185 Performance and leadership in sports activities</p>	R184 Contemporary issues in Sport
Rationale for this sequencing	<p>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.</p>	

Additional support at home

<p>Additional reading for enjoyment, enhancement and extension</p>	<ul style="list-style-type: none"> • Awareness of contemporary news/issues from the world of sport. • BBC Sport (website) – https://www.bbc.co.uk/sport • Sky Sports News – Sky Sports News • Sport England – Sport England • Youth Sport Trust – YST Website • Women in Sport – Women In Sport • Team GB / ParalympicsGB – Team GB Paralympics • Nike / Adidas Campaigns – Nike Campaigns Adidas Campaigns • UK Coaching - UK Coaching
<p>Online resources to practice, consolidate and revise</p>	<ul style="list-style-type: none"> • The Everlearner for R186 Sport and the Media and R184 Contemporary issues in Sport - https://theeverlearner.com/ • OCR exam board information - OCR Sports Studies Specification • Quizlet Flashcards for R184 Contemporary issues in Sport revision - https://quizlet.com/gb/510032473/sports-studies-contemporary-issues-in-sport-flash-cards/
<p>Workbooks & revision guides to practice, consolidate and revise</p>	<ul style="list-style-type: none"> • Level 1/Level 2 Cambridge National in Sport Studies (J829): Second Edition by Ross Howitt & Mike Murray - This is the official student textbook aligned with the J829 specification. It's engagingly written, and includes case studies, practical examples, and vibrant visuals - Level 1/2 Cambridge National in Sport Studies (J829): Second Edition • Level 1/2 Cambridge National in Sport Studies (J829) Exam Practice Workbook by Ross Howitt - Level 1/2 Cambridge National in Sport Studies Exam Practice Workbook • Cambridge National in Sport Studies Revision Guide and Workbook by Duncan Jagger - Level 1/2 Cambridge National in Sport Studies Revision Guide