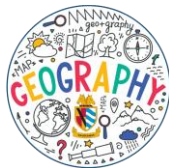


# OCR Sports Studies



| Topics        |  |        |   |  |  |        |  |   |   |   |   |         |  |
|---------------|--|--------|---|--|--|--------|--|---|---|---|---|---------|--|
|               | Week 1   | Week 2 | Week 3  | Week 4                                   | Week 5   | Week 6 | Week 7   | Week 8  | Week 9  | Week 10   | Week 11   | Week 12 |  |
| <b>TERM 1</b> | <b>R185 – TA1 –</b><br>Strengths and weaknesses of sports performance x 4<br><br><b>Practical x 1</b>  |        | <b>R185 – TA1 –</b><br>Key components for assessing strengths and weaknesses in an activity x 4<br><br><b>Practical x 1</b> |  | <b>R185 – TA1 –</b><br>Methods to improve performance x 4<br><br><b>Practical x 1</b>  |        | <b>R185 – TA1 –</b><br>Measuring improvement in performance x 4. Assessment deadline given<br><br><b>Practical x 1</b>   |   | <b>R185 – TA2-</b><br>Organisation of a sports activity session x 3<br><br><b>Practical x 2</b> |   | <b>R185 – TA 2 –</b><br>Safety considerations when planning a sports activity session x 3. Assessment deadline given<br><br><b>Practical x 2</b>      |         |  |
| <b>TERM 2</b> | <b>R185 – TA 3 –</b><br>Objectives to meet the needs of the group<br>Organisation of a sports activity session<br>Leading a sports activity session.<br>Assessment deadline given.<br><br><b>Mixture of practical and coursework</b> |        |   | <b>R185 – TA 4 Leadership Assessment</b> | <b>R185 TA 5 –</b><br>Review your leadership of a sports activity session x 4. Assessment deadline given<br><br><b>Practical x 1</b> |        | <b>R187 – TA 1 –</b><br>The provision available for outdoor and adventurous activities both locally and nationally x 16. Assessment deadline given.<br><br><b>Practical x 4</b><br><br><b>Rock Climbing Assessment 18<sup>th</sup> March</b> |   |   |   | <b>R187 – TA 2 –</b><br>Equipment, clothing and safety aspects of participating in outdoor and adventurous activities x 8<br><br><b>Practical x 2</b> |         |  |
| <b>TERM 3</b> | <b>R187 - TA 2 -</b><br>Plan for and be able to participate in an outdoor and adventurous activity. Assessment deadline given<br><br><b>Practical x 3</b>  |        |   |  | <b>R187 – TA 3 –</b><br>Plan for and be able to participate in an outdoor and adventurous activity x 6.<br><br><b>Practical x 2</b>  |        |  | <b>R187 – TA 3 -</b><br>Outdoor activity risk assessment<br>Emergency procedures plan.<br>Assessment deadline given<br><br><b>Practical x 2</b> |   | <b>R187 – TA – 4 -</b><br>Evaluate participation in an outdoor and adventurous activity. Assessment deadline given.<br><br><b>Practical x 2</b> |   |         |  |



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| Topics        |  |   |   |  |   |   |  |   |   |  |   |  |
|---------------|--|---|---|--|---|---|--|---|---|--|---|--|
|               | Week 1   | Week 2  | Week 3  | Week 4   | Week 5  | Week 6  | Week 7   | Week 8  | Week 9                                  | Week 10  | Week 11   | Week 12  |
| <b>Term 1</b> | <b>R184 – TA 1</b><br><br>1.1 User groups<br><br><b>Practical x1</b>   | <b>R184 – TA 1</b><br><br>1.2 Possible barriers<br><br><b>Practical x1</b>  | <b>R184 – TA 1</b><br><br>1.3 Possible barrier solutions<br><br><b>Practical x1</b> | <b>R184 – TA 1</b><br><br>1.4 Factors which can positively and negatively impact on the popularity of sport in the UK<br><br><b>Practical x1</b> | <b>R184 – TA 1</b><br><br>1.5 Emerging/new sports in the UK<br><br><b>Practical x1</b>  | <b>Written assessment on TA1 topics</b>   | <b>R184 – TA 2</b><br><br>2.1 Sport values<br><br><b>Practical x 1</b> | <b>R184 – TA 2</b><br><br>2.2 The Olympic and Paralympic movement<br><br><b>Practical x 1</b> | Wave 1                                  |  | <b>R184 – TA 2</b><br><br>2.3 Sporting values, initiatives, and campaigns<br><br><b>Practical x 1</b> | <b>R184 – TA 2</b><br><br>2.4.1 The importance of etiquette and sporting behaviour of performers<br><br><b>Practical x 1</b> |
| <b>Term 2</b> | <b>R184 – TA 2</b><br><br>2.4.2 The importance of etiquette AND sporting behaviour of spectators<br><br><b>Practical x 1</b> | <b>R184 – TA 2</b><br><br>2.5 The use of Performance Enhancing Drugs (PEDs) in sport<br><br><b>Practical x 1</b>          | <b>Written assessment on TA2 topics</b>   | <b>R184 – TA 3</b><br><br>3.1 The features of a major sporting event<br><br><b>Practical x 1</b>   | <b>R184 – TA 3</b><br><br>3.2 Positive and negative pre-event aspects of hosting a major sporting event<br><br><b>Practical x 1</b> | <b>R184 – TA 3</b><br><br>3.3 Potential positive and negative aspects of hosting a major sporting event<br><br><b>Practical x 1</b> | Wave 2   |   | <b>Written assessment on TA3 topics</b> | <b>R184 – TA 4</b><br><br>4.1 National Governing Bodies (NGBs) x 4<br><br><b>Practical x 1</b> | <b>Written assessment on TA4 topics</b>   |  |
| <b>Term 3</b> | <b>R184 – TA 5</b><br><br>5.1 The role of technology in sport<br><br><b>Practical x 1</b>                                    | <b>R184 – TA 5</b><br><br>5.2 Positive and negative effects of the use of technology in sport<br><br><b>Practical x 1</b> | <b>Written assessment on TA5 topics</b>   | Pre-release Prep Revision  |   |   |  |   |   |  |   |  |