

PE Courses available at Key Stage 4

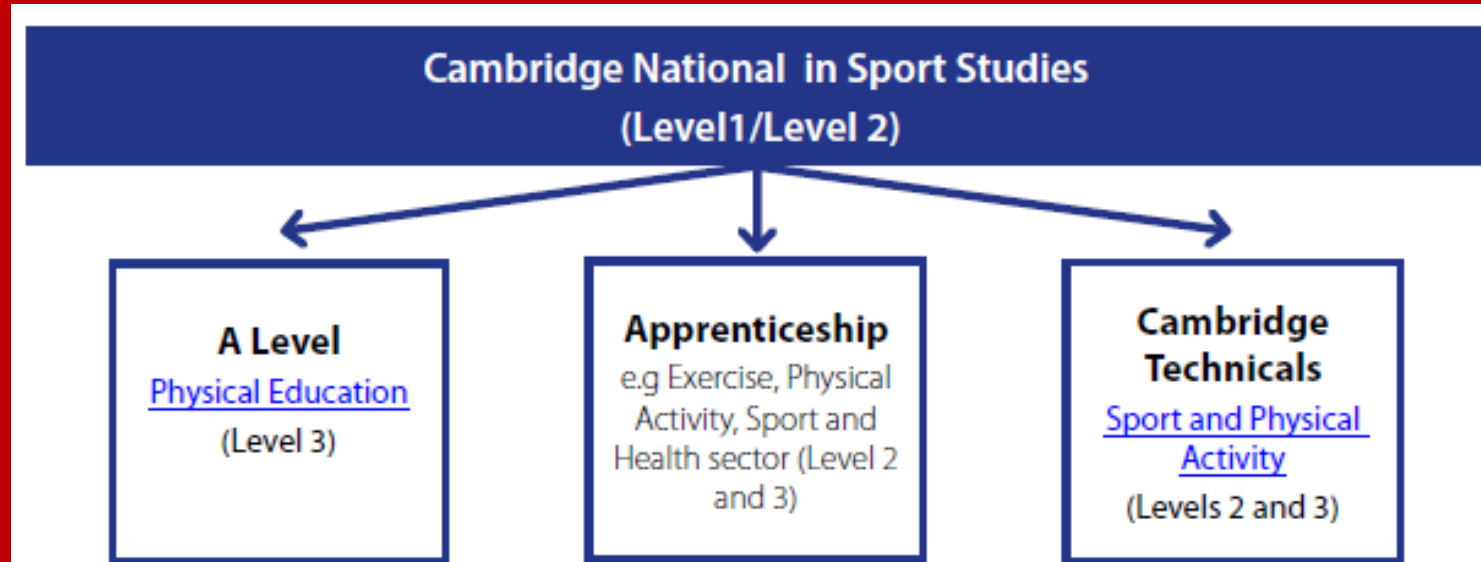


**OCR Level 2 Cambridge
National in Sport Studies**

Educas GCSE PE

***What do you know
about these courses?***

Overview – OCR Sports Studies Course



Which subjects will complement this course?

- GCSE Biology
- GCSE Combined Science
- GCSE Food Preparation and Nutrition
- GCSE Media Studies
- GCSE Psychology
- GCSE Sociology
- Creative iMedia.

Further details

More information about the Cambridge National in Sport Studies can be found in these documents:

[Specification](#)

[Sample Assessment Material \(SAM\)](#)

[Guide to our Sample Assessment Material](#)

[Student Guide to NEA Assignments](#)

Overview – OCR Sports Studies Course



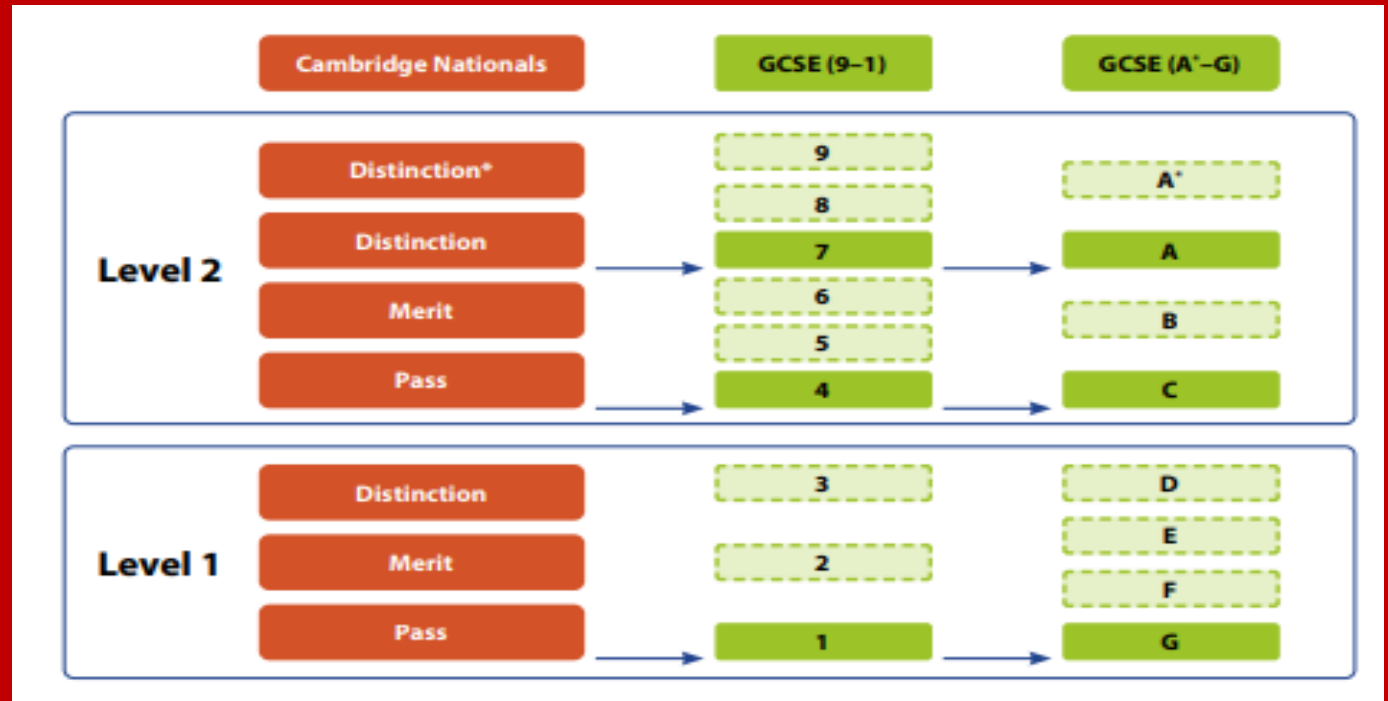
This course is made up of 3 units and you have 2 years to complete it:

R185 Performance and leadership in sports activities (coursework & practical)

R187 Increasing awareness of outdoor and adventurous activities (coursework & practical)

R184 Contemporary issues in sport (exam)

Normal 2 week timetable: Students will do a mixture of practical and coursework based lessons.



The course is out of 200 marks, see right for the grade boundaries – you should all be aiming for Level 2 Distinctions. Level 2 Distinction is equivalent to a grade 7/8 (depending on score)

Max Uniform Mark	Qualification Grade							
	Distinction* at L2	Distinction at L2	Merit at L2	Pass at L2	Distinction at L1	Merit at L1	Pass at L1	U
200	180	160	140	120	100	80	60	0

Grading for OCR Sports Studies



Each unit is out of either 40 or 80 marks

80 Marks

R184 (exam)

R185 (coursework & practical)

40 Marks

R187 (coursework & practical)

See below for the grade boundaries for the relevant units:

Unit GLH	Max Unit Uniform Mark	Unit Grade							
		Distinction* at L2	Distinction at L2	Merit at L2	Pass at L2	Distinction at L1	Merit at L1	Pass at L1	U
24	40	36	32	28	24	20	16	12	0
48	80	72	64	56	48	40	32	24	0

Units for OCR Sports Studies



Within every coursework unit there are multiple topic areas. Each topic area has an assessment criteria, you can either achieve marking band 1, 2 or 3 (think of these as pass, merit or distinction):

Unit R187 – Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK		
MB1: 1-2 marks	MB2: 3-4 marks	MB3: 5-6 marks
The outdoor and adventurous activity areas are briefly outlined. May give examples regarding regional provision.	The outdoor activity areas are described with some relevant examples given, regarding regional provision.	The outdoor activity areas are described with clear and relevant examples given, regarding regional provision.
The outdoor and adventurous activity areas are briefly outlined. They may give examples regarding national provision.	The outdoor activity areas are described with some relevant examples given, regarding national provision.	The outdoor activity areas are described with clear and relevant examples given, regarding national provision.

Every student, on every assignment should always be aiming to achieve the distinction criteria

Timeline for OCR Sports Studies

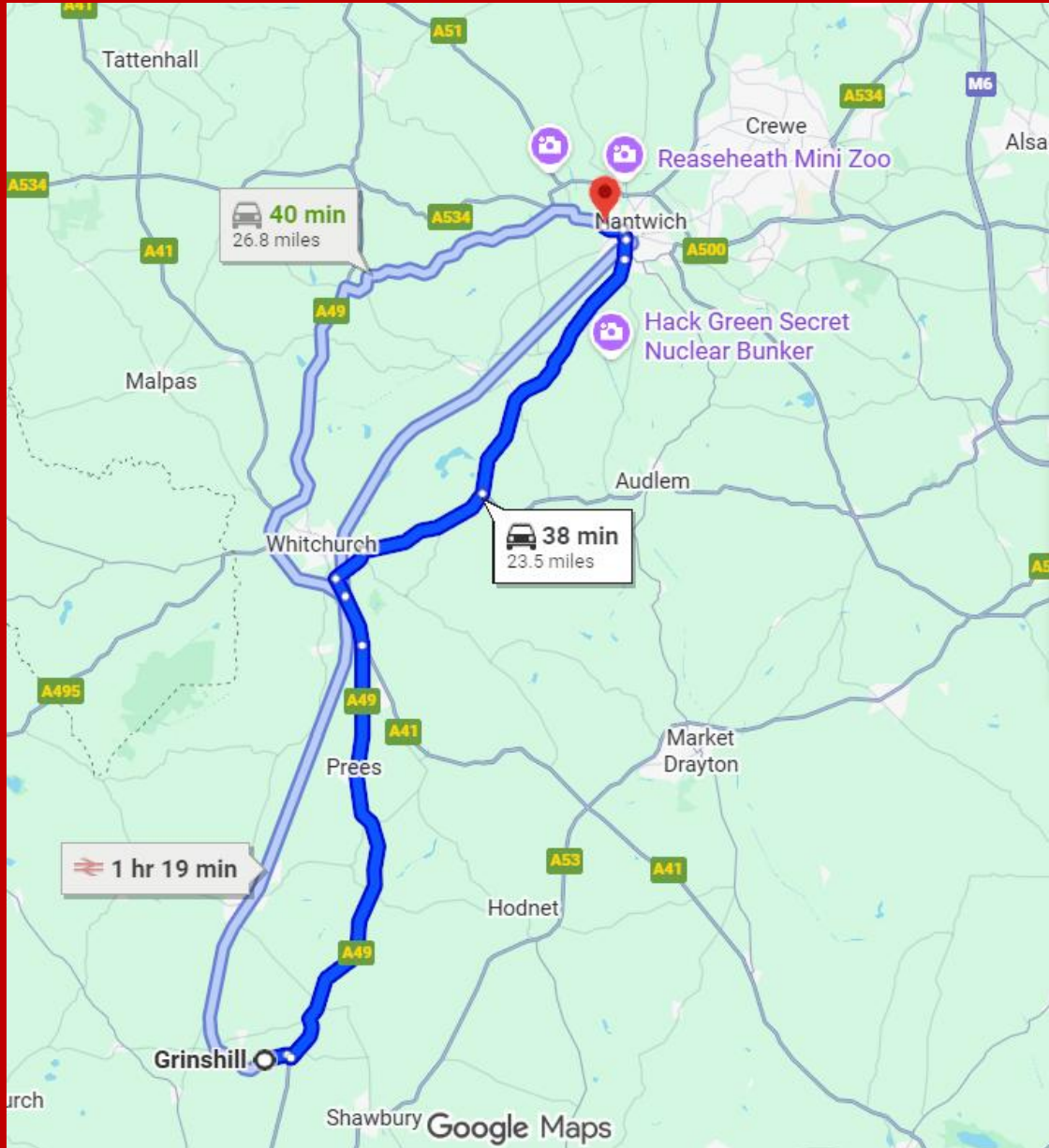


- September 2026 – Start the course – R185 Sports Leadership & Coaching
- January 2027 – Start R187 Outdoor Adventure Activities.
- March 2027 – Go Rock Climbing at Grinshill to complete practical element of the unit.
- September 2027 – Start R184 Contemporary Issues in Sport Unit to sit the 1 hr 15min exam in May 2028

Rock Climbing for both courses



Location for Rock Climbing



Course Overview for GCSE PE



Normal 2 week timetable: 1 lesson of practical and 4 lessons of theory. This can change to 2 lessons of practical and 3 lessons of theory depending on progress.



Component 1: Introduction to physical education

2 hours

60% of qualification

120 marks



Question types

multiple choice, data response, short and extended answers



Component 2: The active participant in physical education. Non exam assessment.

40% of qualification

80 marks



Practical performance in 3 sport. At least 1 team and 1 individual sport (30%)



Analysis and Evaluation of performance (10%)

Timeline for GCSE PE



- September 2026 – Start the course – Cover topic 1 – Health and Active Lifestyles. Practical lessons will run alongside theory lessons.
- March 2027 – Start coursework part of the course completing an 8 week training programme as well.
- March 2028 – Complete moderation day where an external moderator will come in and assess you perform in potentially 3 sports.
- May 2028 – Sit one 2 hour exam.

Grading Criteria for GCSE PE



Activity		Association Football
Demonstrate the application of skills/techniques/strategies appropriate to the position/activity in competitive situations.		
Skills / techniques		Examples
1	Perform in a competitive situation showing emotional control and applying rules/conventions.	<i>Play a full-sided competitive game. Play ball off the field to allow injured player to be treated. Keep calm after an unfair tackle from the opponent.</i>
2	Use a variety of skills and techniques in a competitive situation.	<i>Cushioning ball with chest move to next action. Move into space in attack in order to receive through ball. Dribble using both feet, show close control. Perform a drive pass over distance to team member.</i>
3	Demonstrate effective use of appropriate physical fitness components during the performance.	<i>Use speed, strength, power, endurance, balance, flexibility as appropriate during the performance.</i>
4	Demonstrate strategic/tactical awareness/decision making.	<i>Apply zonal marking at a corner.</i>

Sports lists for GCSE PE and Sports Studies



Individual Sports	Team Sports
Athletics	Acrobatic Gymnastics
Boxing	Badminton
Badminton	Basketball
Canoeing	Camogie
Cycling	Cricket
Dance	Dance
Diving	Figure Skating
Equestrian	Football
Figure Skating	Futsal
Golf	Gaelic Football
Gymnastics	Handball
Kayaking	Hurling
Rock Climbing	Ice Hockey
Rowing	Inline roller hockey
Sailing	Lacrosse

Sports lists for GCSE PE and Sports Studies



Individual Sports	Team Sports
Sculling	Netball
Skiing	Rowing
Snowboarding	Rugby League
Squash	Rugby Union
Swimming	Sailing
Table Tennis	Sculling
Tennis	Squash
Trampolining	Table Tennis
Windsurfing	Tennis
	Volleyball
	Waterpolo

Expectations on both courses



- You must attend every lesson – If you miss a lesson, the work will not go away and you will fall behind if you do not catch up.
- You must uphold the highest standards for behaviour.
- You will need to give 100% effort, 100% of the time to ensure you meet every deadline and stay on top of your work.
- You will need to complete your work in silence to ensure everyone in the room is able to complete their work to the highest standard.
- Every student on this course is aiming for a Grade 4 or above or a Level 2 Distinction and you will receive the support from your teachers to achieve this.
- Your teacher is here to prepare you for studying sport at sixth form, university and for a career in sport.

Rewards & Sanctions



Rewards

- When work is completed ahead of deadlines and to a grade 4 or above or distinction standard, you will be rewarded with practical lessons of your choice
- Positive phone call homes for outstanding work and conduct
- Outstanding grades that will allow you to thrive in the future

Sanctions

- Homework is always to finish any incomplete work – any incomplete homework will be sanctioned with a 3
- No practical rewards
- Withdrawn from practical core PE to finish coursework
- If you don't meet deadlines and fall behind then you will be in intervention after school every week until it is finished
- Phone calls home from your teacher
- Parent meetings with your teacher

Lesson Structure



Retrieval Practice

At the start of every lesson, you will complete 4 questions based on previous content you have covered – this ensures you don't forget it.

Introduce new knowledge

Your teacher will then introduce the new knowledge for that lesson.

Guided practice

You will take notes and complete tasks to further explore this new knowledge.

Independent practice

Every lesson you will have a period of silence where you will have 100% focus on completing your work.

Review

At the end of your lesson, your teacher will use a variety of methods to check your understanding of the lessons content.

Plagiarism & Use of AI



Plagiarism is when you take someone else's work and try to pass it off as your own. This could be another person, or it could be an external source such as a website.

Students are reminded that under **no circumstances** should **ANY** work be taken or copied from anywhere else. If you take something from an online source such as a website, then you must ensure you have referenced it. This means, if you are using the internet to research information, you must add a link to the site you found this information **AND** add a reference list at the end of your assignment.

Referencing Example

The definition of PE “a lesson in which pupils do physical exercise or sport” (<https://www.collinsdictionary.com/dictionary/english/pe>).

Reference list example

1. <https://www.collinsdictionary.com/dictionary/english/pe>
2. www.afpe.org.uk/news/624058/Definitions-of-Physical-Education
3. www.merriam-webster.com/dictionary/pe

As part of our marking, all staff will be using AI checkers to highlight exact areas where AI is used. If any of your work is found to have used AI, you will be removed from the course immediately, meaning you will not gain a qualification for this course or any other course lead by OCR e.g science, business. We will also be using plagiarism checkers, to check where anyone has copied information from other sources.

Trips - TBC



Behind the Scenes



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The Training Facilities



inspiresport™



MALBANK SCHOOL

Key Stage 4 Pe Kit



NOBEL SHORT £9.00



OLIMPIDA T-SHIRT £16.50



ELBA PANT £28.00



LADIES OLIMPIA PANT /
ADVANCE PANT £28.00



CLASSIC SOCK £7.00



OLIMPIADA 1/4 ZIP £35.00

GCSE PE or OCR Sports Studies



GCSE PE

- 2-hour exam at the end of year 11 worth 60% of overall grade
- Practical assessment in 3 sports worth 30% of overall grade.
- Must play sport outside of school to take GCSE PE
- Must have good knowledge of anatomy and Physiology (Biology)
- 10% coursework based creating an exercise program.

OCR

- Made up of 3 units
- 1 unit is exam which will be sat January time in year 11 – you can re-sit this at the end of year 11 if necessary.
- 2 units will be coursework and practical based which will be completed throughout the 2 years. This will be on leadership and outdoor activities.
- 2 sports needed so you do necessarily have to play sport outside of school.
- Coursework can be resubmitted, and feedback will be given to improve work.

Any questions?