



The Elton High School Physical Education Journey

OCR Cambridge National Sport Studies – Year 10

R187 AND R185 entered at the end of Year 10

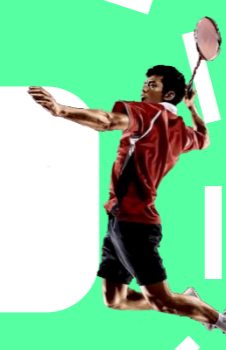


R184 – Contemporary issues in Sport
User groups, barriers and solutions. Factors that affect the popularity of sport. Emerging sports and sporting values.



Performance and Leadership in Sports R185: Deliver a sporting activity to demonstrate leadership skills, organisational skills and most importantly the ability to adapt the session. Session evaluation written task.

Performance and Leadership in Sports R185: Identify strengths and weaknesses in a sport of your choice (Performance analysis). Design and apply practice methods to improve skills.



Performance and Leadership in Sports R185: Design, organise and complete a lesson plan for a sporting activity. Complete a risk assessment for the session to identify hazards and risk controls.



Summer Term

Performance and Leadership in Sports R185: Logbook of involvement in team and/or individual sports.

Outdoor and Adventurous Activities R187: Evaluate participation in OAA at the Anderton Centre.

Cambridge National	GCSE Grades
L2D*	8 and 9
L2D	7
L2M	5 and 6
L2P	4
L1D	3
L1M	2
L1P	2



Spring Term



Outdoor and Adventurous Trip
Anderton Centre,
Chorley

Team and individual sports assessments will take place throughout the academic year in one lesson a week. In the Summer term it is likely that there will be two lessons of practical assessments a week.

Outdoor and Adventurous Activities R187: Planning and risk assessment for OAA.



Autumn Term

Outdoor and Adventurous Activities R187: Provision of different OAA in the UK

Outdoor and Adventurous Activities R187: Equipment, clothing and safety aspects of OAA.



**Ready
Respectful
Safe**

Your Physical Education Journey starts here ...