



YEAR 10 OCR SPORT STUDIES MY LEARNING JOURNEY

DIFFERENT TYPES OF MEDIA



R186 - TOPIC 1

I will understand and describe the different sources of media that cover sport. I'll identify and explain the various types of media, such as print, broadcast (TV/radio), and digital (social media/internet), and use practical examples to show how each one is involved in covering sport.

POSITIVES OF THE MEDIA



R186 - TOPIC 2

I will analyse the positive effects the media has on sport (exposure, participation, revenue). I must then use the National Lottery grant scenario to justify a recommendation for how the club should spend the money on a specific media platform to raise its profile.

NEGATIVES OF THE MEDIA



R186 - TOPIC 3

I will analyse the negative effects the media has on sport (scrutiny, rule changes, lifestyle issues). I must also evaluate the ethical issues (e.g., invasion of privacy) that arise and use real-life examples to show the impact on spectators and participants.

SPORTS LEADERSHIP



R185 - TOPIC 3/4/5

I will learn how to plan, lead, and review a sports activity session. I'll start by creating a detailed session plan for a specific group, covering facilities and safety (TA3). I will then practically lead this session, demonstrating effective communication, motivation, and safety management (TA4). Finally, I will review my own performance, using participant feedback to identify my strengths/weaknesses and create a personal action plan for future improvement (TA 5).

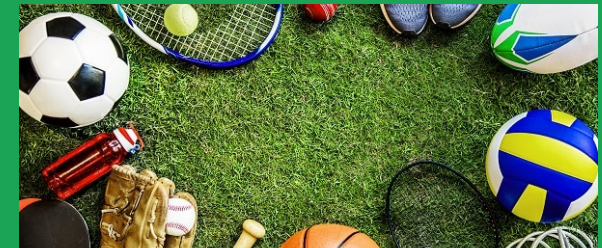
SPORTS IMPROVEMENT



R185 - TOPIC 2

I will understand the different practice methods and apply them to improve performance. I'll investigate methods like whole, part, and distributed practice. I must then select and justify the most appropriate method to help a performer develop a specific skill or tactic in a chosen sport, concluding with a report that applies and justifies these methods.

SPORTS PERFORMANCE



R185 - TOPIC 1

I will understand and explain the key components of performance in sport. I'll learn about skill-related (e.g., power, agility) and health-related (e.g., fitness, flexibility) components. My goal is to select two different sports (one team, one individual) and analyse which components are most vital for success in each sport, producing a report demonstrating this detailed knowledge and understanding.



YEAR 11 OCR SPORT STUDIES MY LEARNING JOURNEY

ISSUES IMPACTING PARTICIPATION



R184 - TOPIC 1

I will understand why people do or do not participate in sport. I'll identify and explain the barriers to participation for different groups (e.g., gender, disability, age) and analyse the strategies used by national bodies to increase access and provision (Promotion, Provision, Access, and Education - PPAE).

THE ROLE OF SPORT PROMOTING VALUES



R184 - TOPIC 2

I will understand how sport promotes positive values and ethics. I'll explain the key values demonstrated in sport (e.g., respect, fair play, tolerance) and analyse examples of ethical behaviour and unethical behaviour (such as doping or match-fixing).

MAJOR SPORTING EVENTS



R184 - TOPIC 3

I will understand the impact of hosting major events (e.g., Olympics, World Cup). I'll analyse the positive implications (e.g., economic benefits, national pride, legacy) and the negative implications (e.g., cost, security, displacement) for the host city or country.

NATIONAL GOVERNING BODIES



R184 - TOPIC 4

I will understand the role NGBs (e.g., The FA, RFU) play in developing their sport. I'll explain the key functions of NGBs, particularly their role in increasing funding (e.g., via the National Lottery), setting rules and regulations, and promoting their sport from grassroots to elite level.

TECHNOLOGY IN SPORT



R184 - TOPIC 5

I will understand the positive and negative effects of technology. I'll examine how technology is used in sport (e.g., Hawkeye, VAR, performance analysis, equipment design) and evaluate the impact of these developments on officials, spectators, and performers.

REVISION



ALL TOPICS

I will focus my revision on exam technique to maximise marks. My goal is to master short, medium, and extended response questions, ensuring I follow the command words correctly. I will practice structuring answers using the PEEL technique (Point, Explanation, Evidence, Link).