

Year 9 – Preparing for Sports Studies.

Welcome to your OCR Cambridge Nationals Sports Studies preparation document.

This is a subject that none of you have experienced yet. You will all have an interest in Sport and I hope that you participate in sport in either team games or individual activities. You will have got this interest from the media, a sports leader or from participation with your friends or family.

If that's the case, you are half way there as the units of this course are all about the different ways sport can be followed as a career or as a leisure interest.

Before you start it's a great idea to do some research and reading around the new course you are going to study. Below are some suggestions of the ways you could do this. None of these are compulsory, but they will very much help you in starting your course. They are mixtures of websites, books, documentaries, and podcasts.



Sports Entertainment programmes, live sport and recorded sports events and documentaries

A great way to gain a great depth of knowledge is through watching sport, sports related programmes and documentaries. E.g. Match of the Day and Question of Sport.



Written Press

There are a number of ways you can use the written press to engage with the world of sport. Reading magazines, books on sport or the sports sections of newspapers will give you an insight to the world of sport and to the sports that you are not as familiar with.

This book reviews the Athletics performances of 2019 but you could find a book on any sport you are interested in	Here's a similar book about Football for the last season played

Here are a number of the types of magazines you could read depending on your interest in Sport.



The Web Sites of Organisations – have a look at these web sites; check out their sports they cover and what stories they tell.

www.bbc.co.uk/sport <https://www.skysports.com> <https://blog.pitchero.com/the-best-sports-websites-uk>



Podcasts

If you enjoy listening to podcasts there are a lot out there that will help you to develop your knowledge of various sports. Below are some examples of the Podcasts you might like to listen to:



Over the next two school years you will study four units, one of which you will be tested on in Year 11. For the other units, you must complete assignments to the best of your ability, meeting deadlines set by your teachers.

The exam board is OCR and the units are:

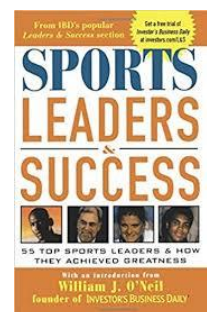
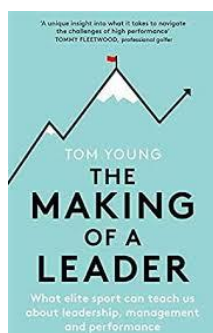
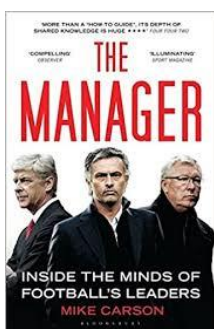
- **Contemporary Issues in Sport – This is the examination on sports topics**
- **Developing Sports Skills – What your level of performance sport will be tested**
- **Sports Leadership – This is where you will lead sports sessions**
- **Sport and the Media –What you have seen on TV or other media will be needed**

Year 10 – 2 Units

Unit 1 Sports Leadership – This is where you will plan, lead and evaluate a sports session

You will need to read around how to deliver a sports session, you will know about leaders and what makes a good leader and the qualities of a good leader.

Books on great leaders are worth reading to help you know about what makes a good leader



Also websites and you tube will help you with sports knowledge



Unit 2 Sport and the Media

Here you will need to know

- Types of media that cover sport – so read and watch as much sport as you can
- The positive effects of the media on Sport – know as many ways that media does good things for Sport
- The negative effects of the media on Sport – know as many ways that media is bad for Sport

- Sport as a business that media promotes. – know how sport has become big business but without media it would struggle to make profit!
- You will need to cover one case study sporting story and explain the different ways that the media reports the story to attract people to buy their product, this will be something you should enjoy as it should reflect your enthusiasm for Sport.

Year 11 – 2 Units

Unit 3 - Contemporary issues in sport – This is the examination on sports topics

You will cover 4 learning objectives and have an exam in January of Year 11

The exam is out of 60 marks and covers the following topics

LO1 - Understand the issues which affect participation in sport

LO2 - Know about the role of sport in promoting values

LO3 - Understand the importance of hosting major sporting events

LO4 - Know about the role of national governing bodies in sport

Developing sports skills – Your level of performance sport will be graded.

LO1 – Individual Sports performance – you will be assessed in one of the following – you need to play and improve your performance by attending sports clubs and practices.



LO2 – Team Sports performance – you will be assessed in one of the following – you will need to play and improve your performance by attending sports clubs and practices.



LO3 – Officiating Sports – You will need to officiate a sport to the best of your ability – you will need to get as much practice as you can by helping out at sports sessions or in local leagues.



LO4 – Improving performance in a sporting activity – here you will take on the role of a coach and try to improve the performance of a sports person or yourself

