

OCR Cambridge National Sports Studies Year 11

IN YEAR 10 YOU COMPLETED:

1) RO51- CONTEMPORARY ISSUES
IN SPORT (EXAM UNIT)

2) RO52- DEVELOPING SPORTS
SKILLS (COURSEWORK AND
PRACTICAL)



**Week A Thursday after
school, coursework and
practical catch-up!**

THIS YEAR YOU WILL COMPLETE:

1) RO53- SPORTS LEADERSHIP
(COURSEWORK AND PRACTICAL
LEADING). WE NEED TO COMPLETE
THIS BY CHRISTMAS.

2) RO55- WORKING IN THE SPORTS
INDUSTRY (COURSEWORK). WE
ARE AIMING TO COMPLETE THIS BY
MAY HALF TERM.

IF YOU HAVE ANY QUESTIONS, PLEASE EMAIL ME: NRASIB@JHS.PKAT.CO.UK

AQA GCSE SPORTS SCIENCE Year 11

IN YEAR 10 YOU LEARNT ABOUT:

- 1) HEALTH, FITNESS AND WELLBEING.
- 2) PHYSICAL TRAINING, PRINCIPLES OF TRAINING, METHODS OF TRAINING.
- 3) SPORTS PSYCHOLOGY, SKILL, GOAL SETTING, AROUSAL
- 4) 50% OF WRITTEN COURSE WORK COMPLETED.



Week A Thursday
after school,
coursework and re-
visit social cultural
influences

THIS YEAR YOU WILL LEARN ABOUT:

- 1) DRUGS IN SPORT.
- 2) ANATOMY AND PHYSIOLOGY
- 3) EFFECTS OF EXERCISE ON THE BODY
- 4) MOVEMENT ANALYSIS
- 5) FINISH WRITTEN COURSE WORK BEFORE FEBRUARY HALF TERM.
- 6) COLLECT VIDEO EVIDENCE FOR 2 PRACTICAL ACTIVITIES BEFORE FEBRUARY HALF TERM.

IF YOU HAVE ANY QUESTIONS, PLEASE EMAIL ME: [HJEAL@JHS.PKAT.CO.UK](mailto:hjeal@jhs.pkat.co.uk)