

Cardinal Newman Catholic High School Curriculum Overview 2026-2027
Physical Education
Level 2 Qualifications: OCR Cambridge National in Sport Studies

	Year 10	Year 11
Aut	R187 Increasing Awareness of Outdoor and Adventurous Activities • Types of OAA • Participation opportunities • Safety and leadership	R185 Performance and Leadership in Sports Activities • Session evaluation • Practical performance • Coursework evidence R184 Contemporary Issues in Sport Participation in Sport • User groups and participation trends • Barriers to participation • Strategies to increase participation • Factors affecting sporting popularity • Emerging sports in the UK Sporting Values and Ethics • Sporting, Olympic and Paralympic values • Campaigns and initiatives • Etiquette and sportsmanship • Spectator behaviour • Performance Enhancing Drugs (PEDs) and WADA

Spring	R187 Increasing Awareness of Outdoor and Adventurous Activities • Risk assessment • Environmental considerations • Coursework completion	R184 Contemporary Issues in Sport • Hosting major sporting events • Positive and negative event legacies • National Governing Bodies (NGBs) • Technology in sport • Examination preparation and revision
Summer	R185 Performance and Leadership in Sports Activities • Practical performance • Leadership planning • Session delivery • Coursework evidence	



Assessment Overview

R184 Contemporary Issues in Sport – External examination (40%).

R185 Performance and Leadership in Sports Activities – Coursework (40%).

R187 Increasing Awareness of Outdoor and Adventurous Activities – Coursework (20%).