



Long Term Plan

Cambridge National

Award

Sport studies

KS4 (Year 11)

Billiejo Bland
September 2026



Subject intent/vision:

To provide opportunities for all students, regardless of their ability, to inspire, challenge and achieve in a range of different sporting activities.

In PE we aim to create students that can:

- Physically meet the demands of the environment
- Make good tactical/compositional decisions when faced with different scenarios
- Apply themselves in the theory of physical education.
- Confidently lead others in a variety of different situations.
- Make healthy decisions around lifelong lifestyle

To enable all students to achieve, our subject curriculum is underpinned by the following principles:



Ambitious -offer a range of courses so that students can achieve qualifications in our subject.



Sequenced / Spiral - *focus on activities throughout the five year journey so students will build on the foundations put in place year after year.*



Literacy - To build students specific vocabulary in PE so they can broaden their oracy and leadership skills



Cultural Capital - We attempt to give students as many opportunities as possible through team fixtures and PE related trips and visits.



Long Term Plan:
September 2026/27: KS4 PE Programme of Study (Year 11)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
OCR CNAT Level 1/2 Sport Studies Unit R185: Performance and Leadership in sports Activities TA2: Applying practice methods to support improvement in a sporting activity Practical Element Performance and Leadership in sports Activities Planning and leading sporting activities in a selection of sports. Handball, Football, Basketball and table tennis	Unit R185: Performance and Leadership in sports Activities TA5: Reviewing your own performance in planning and leading a sports activity session Practical Element Leading sporting activities in a selection of sports. Handball, Football, Basketball and table tennis	Unit R184: Contemporary Issues in Sport Topic Area 1: Issues which affect participation in sport Unit R184: Contemporary Issues in Sport Topic Area 2: The role of sport in promoting values No Practical lessons	Topic Area 3: The implications of hosting a major sporting event for a city or country Unit R185: Performance and Leadership in sports Activities Task 1-5: Resubmission	Topic Area 3: The implications of hosting a major sporting event for a city or country Topic Area 5: The use of technology in sport
Assessment:	Assesments	Assessment:	Assessment:	Assessment:
	Assessed delivery of lesson plan	Adapted exam paper (30 minutes)	Paper 1 & Paper 2 (1 hour each) Practical moderation 3x sports 60 marks AEP: 20 marks	Mini test Use of revision material RAG from exam content revised



GCSE Exam:

There is 1 paper in the NCAT sport studies exam which is assessed through exam at the end of Year 11. There is also a practical leadership element, in which the sports are highlighted above.

- **Unit R184: Contemporary Issues in Sport, 1.30 hour exam 40% 70 marks**
- **Unit R183: Media in sport 20%**
- **Unit R185 Leadership in sport 40%**

Learning Resources:

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>

<https://www.teachpe.com/>

<https://revisionworld.com/gcse-revision/pe-physical-education/past-papers>

<https://theeverlearner.com/>