



Ofsted said: "There are very positive relationships between staff and pupils." May 2026

EXAM BOARD: OCR

Cambridge National Sports Studies is split into 3 units. Two are compulsory and one is optional (chosen by the school).

The two mandatory units are:

1. Contemporary issues in sport
2. Performance and leadership in sports activities

The optional unit is:

1. Increasing Awareness of Outdoor and Adventurous Activities

Overview of mandatory units

Contemporary issues in sport

External assessment

Students will explore a range of topical and contemporary issues in sport, including learning about participation levels and barriers to completing sporting activities. Students will also learn how participation is impacted by the promotion of values and ethical behaviour, about the role of high-profile sporting events, the role of national governing bodies and how technology is used in within sport.

Performance and leadership in sports activities

Non-examined assessment. Assessed by Goldington Academy, moderated by OCR.

Students will develop their skills both as a performer in two different sporting activities, and as a leader, developing a range of transferable skills. Students will work both independently and as part of a team, including communicating with team mates and being in front of an audience when they perform. Students will perform under pressure (as a participant and as a leader) and will use their initiative to solve problems and make decisions. Finally, students will deal with rapidly changing conditions and situations.

Overview of optional unit

Increasing Awareness of Outdoor and Adventurous Activities

Non-examined assessment. Assessed by Goldington Academy, moderated by OCR.

Students will explore the benefits and challenges of participating in outdoor and adventurous activities, understanding their impact on physical and mental well-being. They will investigate a variety of outdoor environments and activity types. Students will also learn how to plan and safely participate in outdoor activities, considering environmental factors, safety guidelines and equipment requirements.

Course organisation

Students will experience a mixture of theoretical and practical sessions during Year 10; however, the majority of the course will be theoretical in Year 11.

Course expectations

Approximately 2 hours per week of additional sporting activities should be undertaken by students, either in the Goldington Academy extra-curricular programme or outside of school. This ideally should be both performance and leadership-based.

COURSE ASSESSMENT

Candidates will pursue a course leading to the award of a Level 1 or Level 2 Certificate with distinction, merit or pass with Level 2 Distinction * being the highest and Level 1 pass being the lowest award.

Mandatory Units Assessment

Contemporary issues in sport

- 40% of final grade
- 1 hour 15 minute terminal examination
- 70 marks
- OCR-set and marked
- Comprises short answer questions, extended response and some multiple-choice questions.

Developing sports skills

- 40% of final grade
- OCR-set assignment (coursework)
- 80 marks
- Centre-assessed and OCR moderated

Optional Unit Assessment

Increasing awareness of Outdoor and Adventurous Activities

- 20% of final grade
- OCR-set assignment (coursework)
- 40 marks
- Centre-assessed and OCR moderated

Suggested Reading:

My Revision Notes: Cambridge National Level 1/2
Sports Studies by Symond Burrows, Sue Young

Suggested Websites: <https://theeverlearner.com/>

For further information, please contact:

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