Year 9 OCR National Sport Studies (9B1, 9C1, 9D1) RO52 and RO53



Your OCR National course is spread over 3 years to ensure we have plenty of time to cover all of the theoretical, practical and coursework aspects of the course in as much detail as possible.

- You will have 3 lessons per week for OCR National. The amount of practical and theory lessons will depend upon the unit that is being completed.
- Below you will find an overview of the course through the year but this will be subject to change due to a number of different reasons
- Each Unit will have a number of assessments throughout and will be a range of methods of assessments.

| HALF | WEEK | THEORY | Learning | Practical | | Learning | Assessment |
|-----------------|------|---------------------------------|-------------------------|----------------------------------|------------|------------|-----------------------|
| TERM | | | Outcome | | | Outcome | - 155555IIICIIC |
| 1 | 1 | Key Skills | RO52 - LO4 | Team | Individual | RO52 - LO1 | |
| | 2 | Key Skills | RO52 - LO4 | Team | Individual | RO52 - LO1 | LO1 |
| | 3 | Key Skills | RO52 - LO4 | Team | Individual | RO52 - LO1 | Witness Statement and |
| | 4 | Strengths and areas for | RO52 - LO4 | Team | Individual | RO52 - LO1 | video |
| | | Improvement | | _ | | | - |
| | 5 | Strengths and areas for | RO52 - LO4 | Team | Individual | RO52 - LO1 | LO4 |
| | 6 | Improvement | RO52 - LO4 | Team | Individual | RO52 - LO1 | Written Report |
| | 0 | How to measure improvement | | ream | maividuai | KU52 - LU1 | |
| | 7 | How to measure improvement | RO52 - LO4 | Team | Individual | RO52 - LO1 | |
| | 8 | Types of practice | RO52 - LO4 | Team | Individual | RO52 - LO1 | |
| | 1 | | | Half Term | | | |
| 2 | 1 | Classification of skills | RO52 - LO4 | Individual | Team | RO52 - LO1 | LO1 / LO3 |
| | 2 | Methods to improve performance | RO52 - LO4 | Individual | Team | RO52 - LO1 | Witness |
| | 3 | Training Log | RO52 - LO4 | Individual | Team | RO52 - LO1 | Statement and |
| | 4 | Hand in Week LO4 | RO52 - LO4 | Individual | Team | RO52 - LO1 | video |
| | 5 | Practical | | Individual | Team | RO52 - LO1 | 104 |
| | 6 | Practical | | Individual | Team | RO52 - LO1 | LO4 Written Report |
| | | | Chris | tmas | | | Written Report |
| 3 | 1 | Types of Skills | RO52 - LO4 | Recap Skills | | RO52 - LO1 | R052 - LO1 |
| | 2 | Types of Skills | RO52 - LO4 | Recap Skills | | RO52 - LO1 | Witness |
| | 3 | Types of Practices | RO52 - LO4 | Recap Rules | | RO52 - LO1 | Statement and |
| | 4 | Types of Practices | RO52 - LO4 | Assessment & Videoing | | RO52 - LO1 | video |
| | 5 | DIRT – LO4 | RO52 - LO4 | Assessment & Videoing | | RO52 - LO1 | R052 - LO4 |
| | 6 | Hand in Week LO4 | RO52 - LO4 | Assessment & Videoing | | RO52 - LO1 | Written Report |
| | L | | February | half term | | | |
| 4 | 1 | Feedback/Improvement | RO52 - LO4 | Officiating | | RO52 – LO3 | R052 - LO3 |
| | 2 | Methods to Improve | RO52 - LO4 | Officiating | | RO52 – LO3 | Witness |
| | 3 | Measuring Improvements | RO52 - LO4 | Officiating | | RO52 – LO3 | Statement and |
| | 4 | Final Hand in Week LO4 | RO52 - LO4 | Officiating Practical Assessment | | RO52 - LO3 | video |
| | 5 | Officiating Theory | RO52 – LO3 | Officiating Practical Assessment | | RO52 – LO3 | R052 - LO4 |
| | 6 | Officiating Assessment | RO52 – LO3 | Officiating Practical Assessment | | RO52 – LO3 | Written Report |
| Easter Holidays | | | | | | | |
| 5 | 1 | Assessment Level & Targets | RO52 – LO1, LO3, LO4 | Individual Sport | | RO52 - LO2 | R053 - LO2 |
| | 2 | Sports Leadership Introduction | RO53 | Individual Sport | | RO52 - LO2 | Witness |
| | 3 | Roles & Opportunities in Sport | RO53 – LO1 | Individual Sport | | RO52 - LO2 | Statement and |
| | 4 | Responsibilities & Qualities | RO53 – LO1 | Individual Sport Assessment | | RO52 - LO2 | video |
| | 5 | Leadership styles | RO53 – LO1 | Individual Sport Assessment | | RO52 - LO2 | |
| | | , , | | alf Term | | | |
| 6 | 1 | Considerations when planning | R053 – LO2 | Communication Skills | | RO53 – LO3 | R053 - LO1-LO3 |
| | 2 | Safety considerations | R053 – LO2 | Motivation Techniques | | RO53 – LO3 | Witness |
| | 3 | Plan Sports Activity | R053 – LO2 | Adaptability | | RO53 – LO3 | Statement and |
| | 4 | Plan Sports Activity | R053 – LO2 | Plan Sports Activity | | RO53 – LO3 | practical |
| | 5 | Deliver Sports Activity Session | R053 – LO3 | Deliver Sports Activity Session | | RO53 – LO3 | assessment |
| | 6 | Evaluate Own Performance | R053 – LO4 | Deliver Sports Activity Session | | RO53 – LO3 | R053 - LO4 |
| | 7 | Evaluate Own Performance | R053 – LO4 | Hand in Week LO1 – 4 | | R053 – LO4 | Written Evaluation |
| | | | CHIMAGE | HOLIDAY | | | Evaluation |
| | | | SUIVIIVIER | HOLIDAY | | | |