

Physical Education Option at Ratton



OCR 

Cambridge National

Sport Studies



Cambridge National Sport Studies



Unit	Areas Covered	How is it assessed?
R184) Contemporary issues in sport	<ul style="list-style-type: none"> • Issues which affect participation in sport • The role of sport in promoting values • The implications of hosting a major sporting event for a city or country • The role National Governing Bodies (NGBs) play in the development of their sport • The use of technology in sport. 	Written EXAM 1 hour 15 mins 78 marks Worth 40% of final grade
R185) Performance and leadership in sports activities	<ul style="list-style-type: none"> • Key components of performance • Applying practice methods to support improvement in a sporting activity • Organising and planning a sports activity session • Leading a sports activity session • Reviewing your own performance in planning and leading a sports activity session. 	COURSEWORK Assignments , assessed by your teacher and then verified externally Worth 40% of final grade
R187) Increasing awareness of Outdoor and Adventurous Activities	<ul style="list-style-type: none"> • Provision for different types of outdoor and adventurous activities in the UK • Equipment, clothing and safety aspects of participating in outdoor and adventurous activities • Plan for and be able to participate in an outdoor and adventurous activity • Evaluate participation in an outdoor and adventurous activity. 	COURSEWORK Assignments , assessed by your teacher and then verified externally Worth 20% of final grade



Team Activity	Comments
Acrobatic Gymnastics	Cannot be assessed with Gymnastics
Association football	Cannot be five-a-side or futsal
Badminton	Cannot be assessed with singles
Basketball	
Camogie	Cannot be assessed with hurling
Cricket	
Dance	Cannot be assessed with individual Dance
Figure skating	This can only be used for one activity. Cannot be assessed with dance
Futsal	Cannot be assessed with Football
Gaelic football	
Handball	
Hockey	Must be field hockey, not ice hockey or roller hockey
Hurling	Cannot be assessed with camogie
Ice Hockey	Cannot be assessed with Inline roller Hockey
Inline roller Hockey	Cannot be assessed with Ice Hockey
Lacrosse	
Netball	
Rowing	Cannot be assessed with sculling canoeing or kayaking
Rugby league	Cannot be assessed with rugby union or rugby sevens – cannot be tag rugby
Rugby union	Can be assessed as sevens or fifteen a side. Cannot be assessed with rugby league, cannot be tag rugby. Only one form
Sailing	Candidates must be assessed within full competitive situations as the helmsperson in one of the following Royal Yachting Association (RYA) sailing boat classifications: Individual – single hander <ul style="list-style-type: none"> • Optimist • RS terra sport • Topper • ILCA 4 (Laser4.7) <p>This can only be used for one activity</p>
Sculling	Cannot be assessed with rowing, canoeing or kayaking. Cannot be assessed with individual sculling
Squash	Cannot be assessed with singles

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Individual Activity	Comments
Amateur boxing	
Athletics	
Badminton	Cannot be assessed with doubles
Canoeing	Cannot be assessed with kayaking, rowing or sculling
Cross Country Running	
Cycling	Track or Road or BMX (racing not tricks) only
Dance	Cannot be assessed with Team Dance
Diving	Platform diving
Golf	
Gymnastics	Floor routines and apparatus only
Equestrian	
Figure skating	This can only be used for one activity. Cannot be assessed with dance
Kayaking	Cannot be assessed with canoeing, rowing or sculling
Rock climbing	Can be indoor or outdoor
Sailing	Candidates must be assessed within full competitive situations as the helmsperson in one of the following Royal Yachting Association (RYA) sailing boat classifications: Team – double hander <ul style="list-style-type: none"> • RS Feva XL • Cadet <p>This can only be used for one activity</p>
Sculling	Cannot be assessed with rowing, canoeing or kayaking. Cannot be assessed with team sculling



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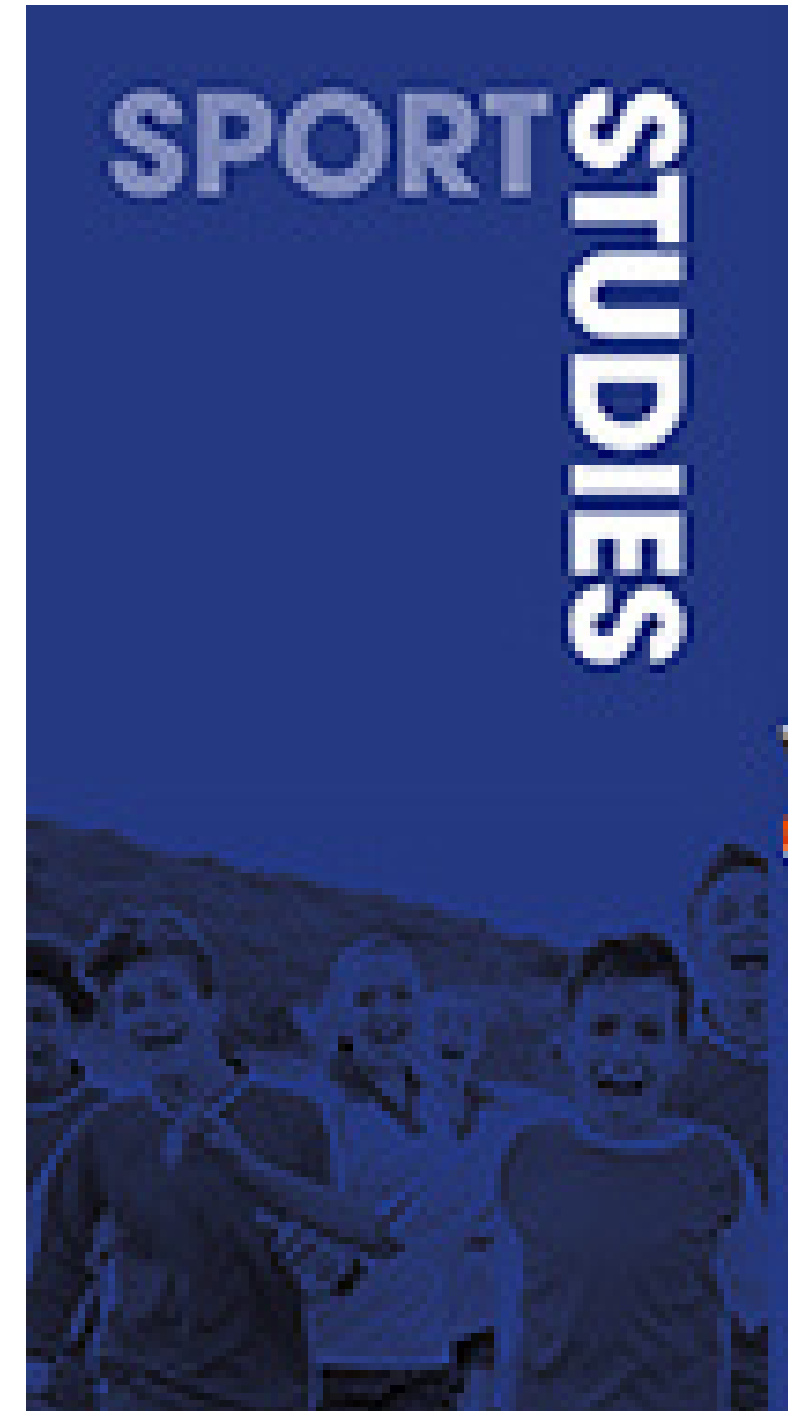
Ratton School is excited to introduce the Cambridge National Sport Studies.

This new course will run alongside our popular GCSE PE option, offering students more opportunities to pursue their passion for sport.

The Cambridge National in Sport Studies combines practical and theoretical learning, developing skills like leadership, teamwork, and performance analysis while deepening students' understanding of sport.

A key feature of this course is a practical, non-examined assessment, which includes a paid educational trip. This trip offers real-world experiences, reinforcing classroom learning in a fun and practical environment.

We believe this course will be a fantastic addition to our PE curriculum. If you love sport and want to develop new skills through hands-on learning, this could be the perfect choice for you!



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Exclusive CNAT PE kit is available to pupils who follow the course. These are not compulsory but are proudly worn by many of our current accredited PE candidates in their core, GCSE and eventually CNAT PE lessons.



Polo shirt - with initials on the front and allocated number on the reverse.



Training top - with initials on the front



Cambridge National Sport Studies



Course overview:

40% Exam, 60% Coursework

- 1 written exam papers at the end of the course (2027) - 40% of grade
- 2 Non-Examined Assessed units to be completed by January (2027) - 60% of grade.

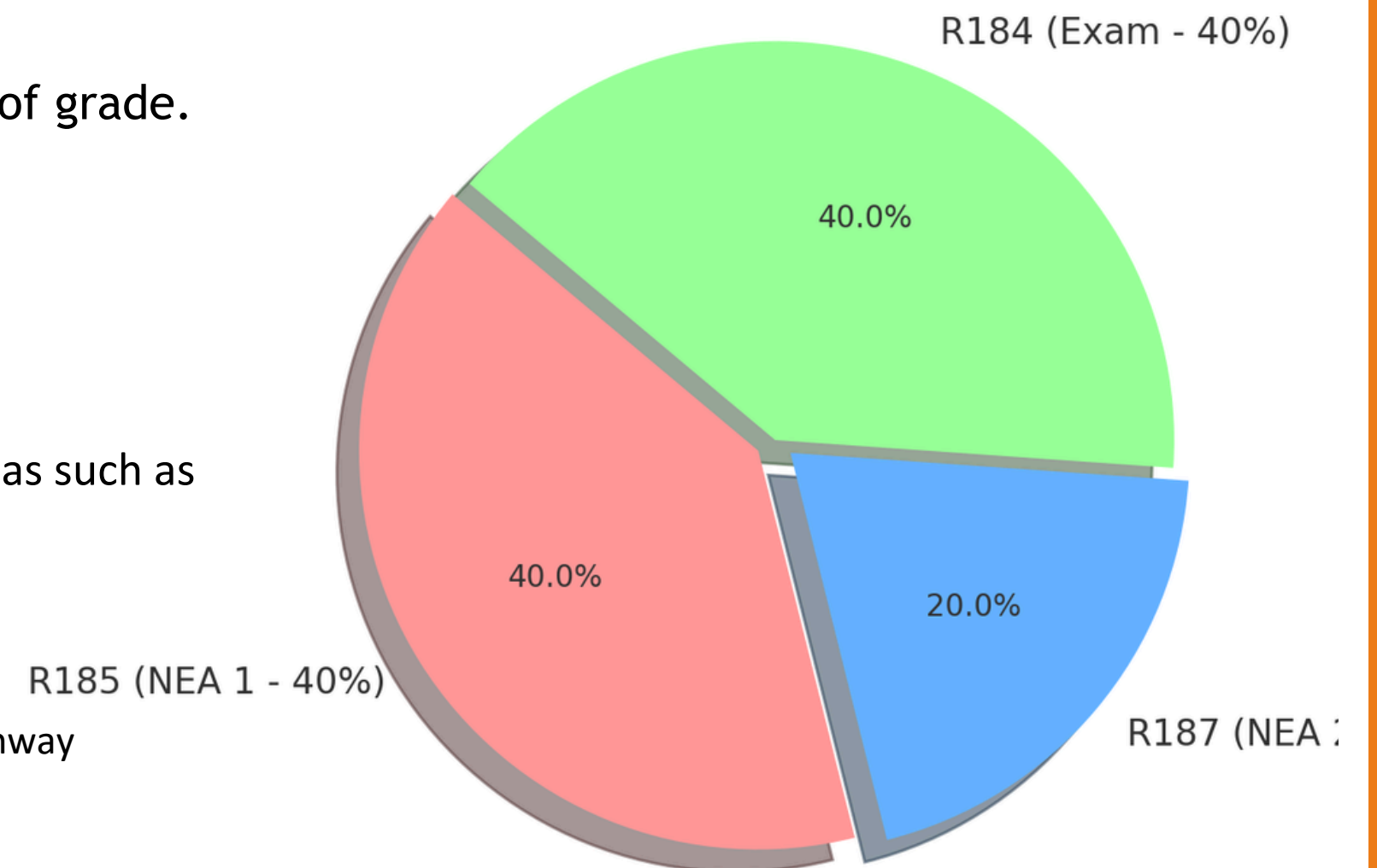
This will be a mix of practical and theoretical work.

Students will require:

- A high practical performance level in a range of sports
- Strengths in subjects like English, Maths, and ICT will also support students in areas such as analysis, evaluation, and presenting information clearly and accurately.

Additional information: Students who follow the Cambridge National Sport Studies Level 1/2 pathway are expected to develop practical skills in both individual and team activities, as well as engage in leadership, officiating, and outdoor activities. Regular participation in extracurricular PE clubs is encouraged to enhance their knowledge, performance, and understanding of the wider sports industry.

Assessment Breakdown





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Students who finish CNAT Sports Studies typically progress to:

A-Level Physical Education

Builds theoretical depth in areas like anatomy, physiology, biomechanics, sport psychology, and the socio-cultural context of sport.

Level 3 Cambridge Technicals in Sport and Physical Activity (or BTEC Level 3 Nationals)

Vocational qualifications focusing on leadership, coaching, fitness instruction, sports development, and sport science.

Apprenticeships in Sport & Physical Activity

Work-based learning such as coaching or fitness apprenticeships, combining practical experience and qualifications.

GCSE PE provides a foundation for careers in:

Sports Coach & Development Officer

Fitness Instructor / Personal Trainer

Sports Scientist / Biomechanist

Physiotherapist / Exercise Rehabilitation Specialist

Sports Psychologist

Sports Nutritionist / Dietitian

PE Teacher

Sports Event Manager / Coordinator

Sports Journalist / Media Presenter

Strength & Conditioning Coach

Outdoor Activity Instructor / Expedition Leader

Sports Performance Analyst

Leisure Centre Manager / Sports Facility Manager