



PROGRAMME OF STUDY

The qualification equips you with sound specialist knowledge through practical application. Students will study two mandatory units and one optional unit from a choice of two.

Key to units for this qualification:

M = Mandatory Students must achieve this unit

O = Optional Students must achieve one of these units

 $\mathsf{E} = \mathsf{E} \mathsf{x} \mathsf{ternal}$ assessment We set and mark the exam

N = NEA You assess this and we moderate it

PEat Avanti Fields





3. Test yourself regularly on the key facts and keywords: use FLASHCARDS.

4. Log onto Google Classroom regularly to access homework, additional resources to support you with your learning.

5. Attend Revision clubs for support with revision and coursework. Check times with PE dept.

6. Always complete homework and coursework to meet deadlines and ask for help when needed.

7. Take part in school sport, either competitively or socially through extra-curricular clubs at lunch times and after school.

8. Watch live and recorded matches, to appreciate high-quality performance.

9. Take part in exercise videos outside of school to maintain fitness levels. Videos such as Joe Wicks, Les Mills workouts, exercise videos on YouTube, etc.

Some useful websites:

https://www.teachpe.com/

https://www.ocr.org.uk/Images/610953-specification-cambridge-nationals-sport-studies-j829.pdf