Cambridge National Scheme of learning for R187 OAA

Week	Substantive knowledge	Disciplinary knowledge
1	1.1.1 Referencing the NGB on paragliding, abseiling and one other activity from approved list.	
2	1.1.2 OAA organisations.	
3		Task 1 Assignment
4	2.1 Types of equipment used for participation.	
5	2.2 Types of clothing used for participation.	
6	2.3 Types of Technology to enhance participation or safety. 2.4 Types of terrain and environment	
7		Task 2 Assignment
8		Task 2 Assignment
9	3.1 Considerations when planning an Outdoor Activity 3.2 Outdoor Risk Assessment	
10	3.3 Emergency procedures plan	
11		Task 3 Assignment
12		Task 3 Assignment
13	Evaluate participation in an OAA	
14		Task 4 Assignment

Cambridge National Scheme of learning for R184 Contemporary issues in sport

Week	Substantive knowledge	Disciplinary knowledge
1	1.1 Different user groups who participate in sport.	
2	1.2 Possible barriers which affect participation in sport.	
3	1.3 Possible solutions to the barriers which affect participation in sport.	
4	1.4 Positive and negative impacts on the popularity of sport in the UK.	
5	1.5 the growth of emerging new sports in the UK.	
6	Recall of Unit one content	End of unit one test
7	2.1 Values which can be promoted through sport.	

8	2.2 The Olympic and Paralympic movement.	
9	2.3 Sporting values, initiatives and campaigns.	
10	2.4 the importance of etiquette and sporting beahaviour.	
11	The use of PEDs in sport.	
12	Recall of Unit two content.	End of unit two test
Break for delivery of R185 practical sport	Move this now back 6 weeks to allow for practical sport assessments to be completed	
13	3.1 The features of a major sporting event.	
14	3.2 Positive and negative pre-event aspects of hosting a major sporting event.	
15	3.3 Potential positive and negative aspects of hosting a major sporting event.	
16	Recall of Unit three content.	End of unit three test
17	4.1 What NGBs do for their sport.	
18	4.1 What NGBs do for their sport.	
Break for delivery of R185 practical sport		
19	Recall of Unit four content.	End of unit four test
20	5.1 The role of technology in sport.	
21	5.2 Positive and negative effects of technology in sport.	
22	Recall of Unit five content.	End of unit five test
23	Recall of all content.	Test covering all units
Easter break – remaining time spent on revision for R184 exam		
1	Recall of Unit one content.	End of unit one test
2	Recall of Unit two content.	End of unit two test
3	Recall of Unit three content.	End of unit three test
4	Recall of Unit four content.	End of unit four test
5	Recall of Unit five content.	End of unit five test
6	Recall of all content.	Test covering all units

Cambridge National Scheme of learning for R185 Practical Sport

Week	Substantive knowledge	Disciplinary knowledge
	Start with 6 weeks to go of y11 so that practical sport assessments can be completed	
1	TA1 Log book for practical sport 1	
2	TA1 Log book for practical sport 1	
3	TA1 Log book for practical sport 1	
4	TA1 Log book for practical sport 2	
5	TA1 Log book for practical sport 2	
6	TA1 Log book for practical sport 2	
		1st June find out Assignment briefs
7	TA2 Analyse performance for strengths and weaknesses	
8	TA2 Analyse performance for strengths and weaknesses	
9	TA2 Analyse performance for strengths and weaknesses	
10	TA2 Design improvement plan	
11	TA2 Design improvement plan	
12	TA2 Design improvement plan	
End of Year 10		
13	TA2 Design improvement plan	
14	TA3 Planning a sporting activity	
15	TA3 Planning a sporting activity	
16	TA3 Planning a sporting activity	
17	TA3 Planning a sporting activity	
18	TA3 Planning a sporting activity	
19	TA3 Risk assessment	
20	TA3 Risk assessment	
21	TA4 Leading a sporting activity	
22	TA4 Leading a sporting activity	
23	TA4 Leading a sporting activity	
24	TA5 Reviewing performance of leading a sporting activity	
25	TA5 Reviewing performance of leading a sporting activity	
26	TA5 Reviewing performance of leading a sporting activity	
27	Catch up week	