

# Cambridge National Sports Studies – KS4 Roadmap



**Start  
Year 10**

**R185 Performance & Leadership in Sports Activities**

**Task 2 - Applying practice to Improve Sporting Activity**

**Task 4 - Leading a Sports Activity**

**Task 1 - Key Components of Performance**

**Task 3 - Organising a Sports Activity**

**Task 5 - Reviewing Performance in Planning & Leading Sports Activity Session**

**Task 4 – Evaluate participation in an OAA**

**Task 2 – Equipment, clothing & safety aspects of OAA**

**R187  
Increasing awareness of Outdoor & Adventurous Activities**



**R184 - EXAM  
Contemporary Issues In Sport**

**Task 3 – Plan for and participate in an OAA**

**Task 1 – Provision for different OAA**

**Topic 1 – Issues which affect participation in sport**

**Topic 3 – Implications of hosting major sporting events**

**Topic 5 – Use of technology in sport**

**Topic 2 – The role of sport in promoting values**

**Topic 4 – Role of NGBs in development of sport**

**EXAM  
1 hour 15mins  
70 marks**

**End of  
Year 11**