

✓ 12-Week Revision Plan – R184 Sport Studies

Overview of Topic Areas

Topic Area 1: *Issues which affect participation in sport*

Topic Area 2: *The role of sport in promoting values*

Topic Area 3: *The importance of hosting major sporting events*

Topic Area 4: *The role of national governing bodies (NGBs)* – covered later but with less emphasis

(TA1–TA3 in Weeks 1–4 + TA4 + TA5)



WEEK-BY-WEEK PLAN

WEEK 1 — Topic Area 1: Issues Affecting Participation

Focus:

- Barriers: socio-economic, age, gender, ethnicity, disability
- Reasons for low participation
- Solutions & initiatives
- User groups + differing needs

Tasks:

- Mind-map barriers + solutions
 - 10 practice questions
 - Flashcards for key definitions
 - H/W: Find 2 examples of sports initiatives reducing barriers
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WEEK 2 — Finish TA1 + Start TA2 Values

Early Week: TA1

- Types of provision: access, facilities, programmes
- How providers meet user group needs
- TA1 end-of-topic quiz

Late Week: TA2

- Olympic & Paralympic values
- Values promoted through sport: teamwork, citizenship, tolerance, fair play

Tasks:

- Table of sporting values + real examples
 - Flashcards for values
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WEEK 3 — Continue TA2 + Start TA3

Early Week: TA2

- Sportsmanship vs gamesmanship
- Etiquette in sport
- Performance-enhancing drugs

Late Week: TA3

- Types of major sporting events
- Characteristics of major events

Tasks:

- Scenario cards (sportsmanship/gamesmanship)
 - 12-mark PEEL practice
 - Event types table (examples included)
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WEEK 4 — Complete TA3

Focus:

- Advantages of hosting major events (economic, social, sporting)
- Disadvantages (cost, legacy, security, political)
- Impacts on host nation
- Case studies (Olympics / Commonwealth Games / World Cup)

Tasks:

- Pros & cons chart
- Two 9-mark answers

- Retrieval quiz covering TA1–TA3
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WEEK 5 — Topic Area 4: National Governing Bodies (NGBs)

Content:

- Roles of NGBs
- Funding & support
- Rules, policies, disciplinary procedures
- Development pathways & promotion

Tasks:

- Create an NGB one-page summary
 - 10 practice questions
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WEEK 6 — Topic Area 5: Technology in Sport

Content:

- Hawk-Eye
- VAR / goal-line technology
- Performance analysis tools
- Wearable tech (GPS vests, heart rate monitors)
- Safety technology
- Advantages & disadvantages of technology
- Impact on performance, coaching, and officiating

Tasks:

- Comparison chart of technologies
 - Short exam answers on advantages/disadvantages
 - Case study: technology improving fairness
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WEEK 7 — Consolidation of TA1–TA5

Focus:

- Mixed revision sessions
- Key definitions
- Short answer practice (1–4 mark)
- Targeted recall for weaker topics

Tasks:

- 20-minute mixed quiz
 - Flashcard check
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 **WEEK 8 — Exam Technique Week**

Focus:

- Command words (describe, explain, analyse)
- Structuring 9-mark PEEL answers
- Applying knowledge to unfamiliar scenarios

Tasks:

- 2 extended exam questions
 - Mark using criteria
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 **WEEK 9 — Mini Mock + Improvement**

Focus:

- Half-paper mini exam
- Review mistakes
- Target priority areas (usually TA2 + TA3)

Tasks:

- Correction sheet
 - Rewrite weakest extended answer
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 **WEEK 10 — Applied Practice**

Focus:

- Case-study-style questions
- Using sporting events, NGB roles, and technology in context
- Timed practice

Tasks:

- Scenario-based practice questions
 - Mix TA1–TA5 content
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WEEK 11 — Full Mock Exam

- Complete full R184 paper
 - Mark paper using OCR rubric
 - Identify final weak areas
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WEEK 12 — Final Review Week

- Flashcards (light revision only)
- Mixed 15–20 question warm-ups
- Quick-fire quizzes
- Confidence booster tasks