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Brandon Road, Swaffham, PE37 7DZ



June 2026

Dear Parent/Carer

### Welcome to Exam PE!

The course that your son/daughter will be doing is called OCR Cambridge Nationals – Sports Studies. This is a level 2 award in line with all other GCSE and BTEC courses. The course is made up of 3 units: -

- R184 – Exam – This will be sat in the summer of Year 11.
- R187 – Adventurous Activities unit – completed in Year 10
- R185 – Practical Sport unit – completed in Year 10 and 11.

**Information regarding R187 (Adventurous Activities unit):** As part of the Cambridge Nationals Sports Studies Course, students are required to do an Adventurous Activities unit. The practical part of this unit requires students to have participated in at least 2 Adventurous Activities. We offer 3 throughout the year: -

- Canoeing – Off site
- Mountaineering Biking – Off site
- Orienteering – On site

**Canoeing:** The day will take place at Whittlingham in Norwich on **Friday 18<sup>th</sup> September**. Students will need to meet at the sports hall at **8.45am**, we anticipate returning to school by **3:00pm** so students can get their normal transport home. **The trip will be free of charge.** Participants will need to bring:

- Packed lunch and plenty of water
- Small bag/rucksack/holdall to store clothes etc
- Change of clothes (PE kit)
- Plastic bag for wet and dirty clothes
- A towel
- Sunscreen & sun hat if warm
- Change of footwear
- Light comfortable clothes you don't mind getting wet

**Mountain Biking:** The day will take place at High Lodge in Thetford. Due to numbers involved students will attend this trip on either **Monday 19<sup>th</sup> or Tuesday 20<sup>th</sup> October**. Students will need to meet at the sports hall at **8.45am**, we anticipate returning to school by **3:00pm** so students can get their normal transport home. The trip will be free of charge. Students must bring a packed lunch, spare water, long sleeve clothes with rain jacket, change of clothes/towel for end of cycling and a small rucksack to cycle with. It is also suggested students bring eye protection and thin gloves. Furthermore – an ability to fix a simple breakdown/puncture (a spare tube will be provided) would be an advantage but not essential.

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**Information regarding R185 (Practical Sport unit):** This unit is made up of both practical and coursework. For the practical, students are assessed in at least 3 different sports. The top mark is graded out of 14 for each sport. Alongside the teacher assessment students, need to submit a logbook in which they record how regularly they take part in this sport. This evidence supports the teacher mark. To give a basic understanding of the criteria, please see below: -

Top band (Marks 11-14)	Students can apply advanced skills effectively against similar or better standard players.
Middle Band (Mark 5-10)	Students can apply most skills in competitive situations.
Bottom Band (Mark 1-4)	Students can perform a range of skills.

To help students achieve the best grades possible we encourage them to submit evidence of them playing in competitive fixtures against other schools or clubs (as this will often be against similar or better standard players). Video evidence can be submitted if the teacher is unable to view the performance(s) for example, club games/ fixtures.

**Consent and information form:** To ensure your child's place on either or both trips, the online consent form will need to be completed by **Friday 11th September**. As part of the forms document below – please can you discuss with your child which 3 sports they feel are their strongest now and in turn indicate this on the form. If you are unsure if the sport they want to do 'counts', please see the link below. You may need to copy and paste the link into your browser as on some devices this link may not work when 'clicked'.

[https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwi2tPe52YqHAXVzQEEAHRBUB0wQFnoECBcQAQ&url=https%3A%2F%2Focr.org.uk%2Fimages%2F638351-approved-sporting-activity-list.pdf&usg=AOvVaw2E\\_Tp7oRvk1Y3mf7TkJN2j&opi=89978449](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwi2tPe52YqHAXVzQEEAHRBUB0wQFnoECBcQAQ&url=https%3A%2F%2Focr.org.uk%2Fimages%2F638351-approved-sporting-activity-list.pdf&usg=AOvVaw2E_Tp7oRvk1Y3mf7TkJN2j&opi=89978449)

Please use either the link below or follow the QR code to complete the Consent Form.

[Y10 GCSE PE 2026/27 – Fill out form](#)

Please don't hesitate to contact us if you have any questions.

Yours faithfully

*M. Lloyd*

**Mr M. Lloyd**  
**Director of Physical Education**

