

OCR Cambridge Nationals – Teaching units from September 2022

**Autumn Year 10**

Unit R186 Sport and the Media

NEA assignment (smallest unit to deliver)

**Spring /Summer Year 10**

R185 Performance and Leadership in sports activities

Practical and NEA assessments (Largest unit with heaviest weighting)

**Autumn/Spring Year 11**

Unit R184 Contemporary issues in sport

Terminal examination