

OCR Cambridge Nationals Knowledge Organiser – PE

There's plenty to learn in this unit. Worry not — the vital information for **Topic Areas 3, 4 and 5** has been condensed into these two handy pages for you. They'll definitely help when you prepare for your exam.

3 Types of Major Sporting Event

Regular events:

- happen annually
- host city changes, but may repeat after a few years
- e.g. UEFA Champions League Final

One-off events:

- not annual
- host city changes, won't repeat within a generation
- e.g. Olympic Games

Regular and recurring:

- happen annually
- same host city
- e.g. Wimbledon

Major sporting events are usually international — they involve participants/spectators from two or more countries.

Hosting — pre-event (bidding)

Countries/cities **bid** years before an event. They must prove they can make the event successful.



Very expensive, even if unsuccessful

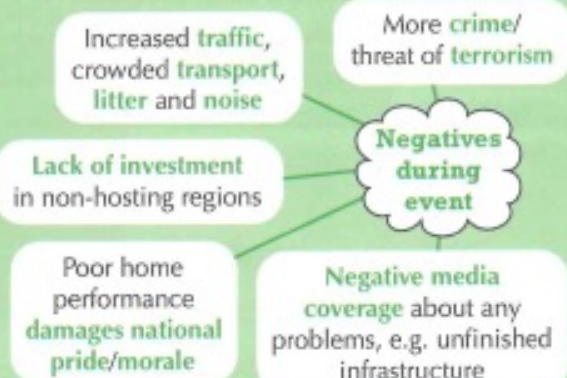
Negatives of bidding

Local/national social objections — money could be spent on other needs, e.g. healthcare

Only wealthy countries can afford to bid



Hosting — during event



Hosting — post-event

Legacy of improved or new infrastructure, transport and sports facilities

Positives after event

Increase in the profile of the sport and therefore participation rates

Increase in international status

Increase in future financial investment

Negatives after event

Sports facilities may be **unused**

Poor organisation, poor performance or scandals may **damage reputation**

Hosting may have **cost more** than the revenue generated



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8 Things that NGBs do for their Sport

An NGB (National Governing Body) is an independent organisation that manages a specific sport within a country. E.g. England Netball

1 Promote participation

Through schemes (e.g. to introduce children to the sport), media coverage (e.g. adverts to increase awareness) and equal opportunities (e.g. to encourage different cultures to participate).

2 Develop coaches and officials

Through qualifications at different levels.

3 Organise tournaments and competitions

At all levels, from beginners to professionals.

4 Amend rules and apply disciplinary procedures for rule breaking

E.g. apply new international rules in their country / implement suspensions for PED use.

5 Ensure safety

E.g. by updating rules on safety equipment.

6 Provide support, insurance and technical guidance

E.g. advice on applying for funding, getting insurance or equipment specifications for different ages.

7 Develop policies and initiatives

E.g. an anti-doping policy / an initiative to increase participation of a specific group (such as to get more women playing football).

8 Lobby for funding

Persuading other organisations (e.g. Sport England) to give them money.

Make sure you know some sporting examples, using named NGBs, for each of these things.

Roles of Technology in Sport

To enhance performance

- Clothing, e.g. aerodynamic skinsuits for cycling.
- Equipment, e.g. lighter tennis rackets.
- Methods, e.g. GPS vests provide a 'heat map' of the ground a footballer covers.

To increase fair play / officiating accuracy

E.g. Hawk-Eye in tennis tracks the path of ball — players can challenge whether a ball was in or out.

To increase safety of participants

Protective/safety equipment, e.g. scrum hat for rugby, flotation device for sailing.

To enhance spectatorship

E.g. big screens in stadiums show replays.



Positive effects of technology

- Enhanced **performance**.
- Lower **injury** risk, e.g. due to improved protective equipment.
- Quicker **recovery** from injury, e.g. cold therapy reduces swelling.
- Officiating technology means **more accurate** decisions.
- **Technical analysis**, e.g. coaches can more easily collect and analyse performance data.
- **Spectators** feel more involved in the action, e.g. multiple camera angles, replays.

Negative effects of technology

- **Unequal access** to technology means some performers have an advantage over others.
- High **cost** is a barrier for some countries, clubs/teams or performers.
- **Interruption in the flow** of the game due to use of officiating technology, e.g. a rugby game pauses for a TMO (Television Match Official) decision.
- Officials' decisions are influenced by technology, which may not consider the **spirit of the game**. E.g. calling offside for a footballer's shoulder.
- **Spectators** are frustrated by constant breaks. Excitement is reduced, e.g. goals/wickets could be overturned by technology.

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Here's all the key information you need to know for **Topic Areas 1 and 2** of the **exam unit (R184)**, beautifully arranged for you on two pages.



12 User Groups

- 1) Different genders, e.g. female
- 2) People from different ethnic groups
- 3) Retired people/people over 60
- 4) Families with children
- 5) Carers
- 6) People with family commitments
- 7) Young children (age 0-11)
- 8) Teenagers / secondary education age
- 9) People with disabilities
- 10) Parents (singles or couples)
- 11) People who work
- 12) Unemployed/economically disadvantaged people

Barriers to Participation

- 1) Employment and unemployment
- 2) Family commitments
- 3) Lack of disposable income
- 4) Lack of transport
- 5) Lack of sporting role models
- 6) Lack of family role models/support
- 7) Lack of appropriate provision
- 8) Lack of awareness of provision
- 9) Unequal media coverage for different genders/ethnic groups

Solutions to Barriers

Appropriate provision:

Suitable programmes, sessions and activities at a range of times for different user groups.

Promotion strategies:

- targeted promotion
- role models
- initiatives, e.g. taster sessions

Pricing:

- concessions
- taster sessions
- free/low-cost equipment

Transport, facilities and equipment:

- increased availability
- must be appropriate for all user groups

Improved access:

To meet the needs of all user groups, e.g. pool hoists, hearing loops, braille signage.

Popularity of Sport



Emerging/new sports

A sport that is growing in popularity in a region.

- new sports can be created, e.g. quadball.
- older sports can gain popularity, e.g. lacrosse.

Sporting Initiatives and Campaigns

- These aim to solve a problem or be a solution to a barrier within sport.
- They can be **local**, **regional** or **national**.
- E.g. Kick It Out, Chance to Shine and Rainbow Laces are national initiatives/campaigns.

7 Sporting Values

- 1 Team spirit
- 2 Fair play
- 3 Citizenship
- 4 Tolerance and respect
- 5 Inclusion
- 6 National pride
- 7 Excellence

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The Olympic Creed

"The most important thing is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered, but to have fought well."
Pierre de Coubertin

Olympic Values	Paralympic Values
Excellence	Courage
Respect	Determination
Friendship	Inspiration
	Equality

The Olympic Symbol

The **five interlocking rings** represent the closeness of the five (inhabited) continents.

These are Europe, Africa, Asia, America (both North and South) and Oceania.



Etiquette and Sporting Behaviour

Performers

Observing correct etiquette:

- promotes positive sporting values
- shows respect to players and officials
- increases safety and fairness

An example of good etiquette is shaking hands with opponents before and after the match.

Spectators

- Aggression can make the environment unsafe.
- Distracting performers can make the game unfair.

An example of good spectator etiquette is being quiet when tennis players are serving.

Sportsmanship:

Being honest, respectful and upholding the spirit of the game.

E.g. admitting that the ball touched your bat in cricket

Gamesmanship:

Bending the rules to gain an advantage.

E.g. time wasting/faking injury

Performance Enhancing Drugs (PEDs)

Why performers use PEDs	Why performers should NOT use PEDs	Impact of PEDs on sport
<ul style="list-style-type: none"> • To increase chance of winning • To reduce pain • To improve performance • To improve aspect of fitness, e.g. reaction times • To gain money/fame/sponsorship • To be able to train for longer • To recover from injury faster 	<ul style="list-style-type: none"> • It damages their reputation • It can damage their health • They can be sanctioned • They become a negative role model • It is unethical and cheating • It goes against sporting values 	<ul style="list-style-type: none"> • mistrust of other results • reduced participation • fewer positive role models • damage to sport's reputation • fewer spectators

Preventing PED use

The **World Anti-Doping Agency (WADA)** was set up to tackle PED use in sport. They are responsible for:

- drug testing of blood or urine.
- developing anti-doping policies.

WADA's Whereabouts Rule

Elite-level performers must provide details about their location and give an hour time slot every day when they will be available for testing.

Educational Strategies

- Campaigns are often led by famous performers who are role models.
- Peers and families of performers should also support anti-doping.

Sanctions

E.g. fines, bans.