# J802 Sport Science

# R041 – Reducing the risk of sports injuries

# Scheme of work

# (2 year)

## Introduction

This outline scheme of work (SOW) is to offer a perspective of how to deliver the Cambridge Nationals in Sport Science. There are many alternatives methods and structures that could be used and therefore it is important to explore different methods of delivering the specification, considering different approaches depending on staffing and expertise within your centre and the resources you have available.

Consideration of how the **theoretical content** of the specification can be covered is best delivered in different ways, through:

* A variety of different teacher resources
* Stimulate discussions
* Group work
* Learner activities
* Variety of questions relating to all the different R041 topics

Most centres will focus on 'exam ready' by the end of year one, but all students will need to be up-skilled regardless of prior knowledge or attainment. Aiming for quality communication and professional standards of work will help to establish the connections between this qualification and real world practice.

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| **Week** | **Learning outcomes** | **Link to useful resources** |
| **Sport Science Unit R041:** **Reducing the risk of sports injuries****Learning Outcome 1: Understand different factors which influence the risk of injury** |
| **Year 1**1 | Introduction to new qualification, features of unit and assessment. * Introduce the different types of questions that will be used ranging from MCQ, True/False, Complete tables, Label pictures and the 8 mark question
* Introduction of all of the different sports injuries students are aware of (this can be through their own personal injuries or what they have seen when watching sport).
* How did the injuries occur?
* Could the injuries have been prevented?
* Use the Cambridge Nationals Sports Activity List and identify possible injuries that occur and how they could happen

 * What do we mean by the term ‘influence’? How can injury be caused? How can injury be prevented?
* What treatment methods of injury are we already aware of?
 | [Specification](http://ocr.org.uk/Images/82412-specification.pdf)[Introductory Presentation on R041](https://www.ocr.org.uk/Images/69954-introductory-presentation.ppt)[Sample Assessment Material](http://ocr.org.uk/Images/78333-reducing-the-risk-of-sports-injuries.pdf)[Assessment and Key Documents (Question papers, mark schemes and reports)](http://ocr.org.uk/qualifications/cambridge-nationals/cambridge-nationals-sport-science-level-1-2-j802-j812/assessment/)[Cambridge Nationals Sports Activity List](https://www.ocr.org.uk/Images/546493-approved-activity-list-for-cambridge-nationals-and-cambridge-technicals.pdf) |
| 2 | LO1 - Extrinsic factors which can influence the risk of injury* What are the five extrinsic factors which can influence the risk of injury?

For each of the five areas, how can each area cause injury and how can each area prevent injury? | Lesson Element: [Factors which influence the risk of injury](http://ocr.org.uk/Images/182770-factors-which-influence-the-risk-of-injury-teacher-instructions.pdf)Lesson Element: Risks and InjuriesTask 1[Teacher instructions](https://www.ocr.org.uk/Images/74405-risks-and-injuries-teacher-instructions.pdf)[Student task sheet](https://www.ocr.org.uk/Images/71441-risks-and-injuries.doc)[Delivery Guide](https://www.ocr.org.uk/Images/182769-reducing-the-risk-of-sports-injuries.pdf): LO1 Understand different factors which influence the risk of injury – Safety 1st |
| 3 | LO1 - Continuation of extrinsic factors:* Identify different types of activity/sports and categorise them into: Contact, gymnastic
* How can the type of activity cause injury?

Review the different injuries that can be caused when participating in different activities/sports. | [Cambridge Nationals Sports Activity List](https://www.ocr.org.uk/Images/546493-approved-activity-list-for-cambridge-nationals-and-cambridge-technicals.pdf) |
| 4 | LO1 - Continuation of extrinsic factors:* How can coaching/supervision influence the risk of injury?
* Identify the three different areas of coaching/supervision and describe how each area can influence injury.
 | [Sports Injuries Risk Factors – Flash cards](https://quizlet.com/113998/sports-injuries-risk-factors-flash-cards/) |
| 5 | LO1 - Continuation of extrinsic factors:* How can the environment influence the risk of injury?
* Identify the three different areas of environment and describe how each area can influence injury.
 | [Sports Injuries Risk Factors – Flash cards](https://quizlet.com/113998/sports-injuries-risk-factors-flash-cards/) |
| 6 | LO1 - Continuation of extrinsic factors:* How can equipment influence the risk of injury?
* Identify the three different areas of equipment and describe how each area can influence injury.
 | [Sports Injuries Risk Factors – Flash cards](https://quizlet.com/113998/sports-injuries-risk-factors-flash-cards/) |
| 7 | LO1 - Continuation of extrinsic factors:* How can safety hazards influence the risk of injury?
* Identify the three different areas of safety hazards and describe how each area can influence injury.
 | [Lesson Element: Factors which influence the risk of injury](https://www.ocr.org.uk/Images/182770-factors-which-influence-the-risk-of-injury-teacher-instructions.pdf)Tasks 1, 2 and 3[Delivery Guide: LO1 Understand different factors which influence the risk of injury](https://www.ocr.org.uk/Images/182769-reducing-the-risk-of-sports-injuries.pdf):* Safety code of conduct
* Risk assessment
* Health and safety officer

[YouTube – Australian Sport – Risk Management](https://www.youtube.com/watch?app=desktop&v=JdQXRQ_peow) |
| 8 | Revision and test on LO1 – Extrinsic factors | Use free resource – [OCR ExamBuilder](https://exambuilder.ocr.org.uk/marketing/Security/login) to build bespoke exam/assessments specific to LO1 – extrinsic Factors |
| 9 | LO1 - Intrinsic factors which can influence the risk of injury* What are the six areas of physical preparation that can influence injury?
* In relation to physical preparation, for each of the following describe how injury can be caused and prevented:
* Training
* Warm up
* Cool down
 | Lesson Element: Risks and InjuriesTask 1[Teacher instructions](https://ocr.org.uk/Images/74405-risks-and-injuries-teacher-instructions.pdf)[Student task sheet](https://ocr.org.uk/Images/71441-risks-and-injuries.doc) |
| 10 | LO1 - Continuation of intrinsic factors – physical preparation:* Fitness levels
* Overuse
* Muscle imbalances
 | [Sports Injuries Risk Factors – Flash cards](https://quizlet.com/113998/sports-injuries-risk-factors-flash-cards/) |
| 11 | LO1 - Continuation of intrinsic factors:* In relation to individual variables, for each of the following describe how injury can be caused and prevented:
* Gender
* Age
* Flexibility
 | [Sports Injuries Risk Factors – Flash cards](https://quizlet.com/113998/sports-injuries-risk-factors-flash-cards/) |
| 12 | LO1 - Continuation of intrinsic factors – individual variables:* Nutrition
* Sleep
* Previous/recurring injuries
 | [Sports Injuries Risk Factors – Flash cards](https://quizlet.com/113998/sports-injuries-risk-factors-flash-cards/) |
| 13 | LO1 – Continuation of intrinsic factors:* In relation to psychological factors, for each of the following describe how injury can be caused and prevented:
* Motivation
* Aggression
* Arousal/anxiety levels
 | [Delivery Guide: LO1 Understand different factors which influence the risk of injury](https://ocr.org.uk/Images/182769-reducing-the-risk-of-sports-injuries.pdf):* The cone game
 |
| 14 | LO1 – Continuation of intrinsic factors:* What is posture?
* Describe the following causes of poor posture:
* Poor stance/gait
* Sitting positions
* Physical defects
* Lack of exercise
* Fatigue
* Emotional factors
* Clothing/footwear
* How can posture influence injury?
 | [Sports Injuries Risk Factors – Flash cards](https://quizlet.com/113998/sports-injuries-risk-factors-flash-cards/)[Common posture mistakes and fixes](https://www.nhs.uk/live-well/exercise/common-posture-mistakes-and-fixes/)[What causes bad posture](https://www.verywellhealth.com/posture-fixes-what-are-you-up-against-297037)[PhysioRoom blog](https://www.physioroom.com/info/poor-posture-susceptible-injuries/) |
| 15 | LO1 – Continuation of intrinsic factors:* Describe the following sports injuries related to poor posture:
* Pelvic tilt
* Lordosis
* Kyphosis
* Round shoulder
* Scoliosis
 | [5 exercise for anterior pelvic tilt](https://www.healthline.com/health/fitness-exercise/anterior-pelvic-tilt-exercises)[What causes lordosis?](https://www.healthline.com/health/lordosis)[What is kyphosis?](https://www.healthline.com/health/kyphosis)[How to fix rounded shoulders](https://posturedirect.com/how-to-fix-rounded-shoulders/)[Everything you need to know about scoliosis](https://www.healthline.com/health/scoliosis) |
| 16 | Revision and test on LO1 – Intrinsic factors | Use free resource – [OCR ExamBuilder](https://exambuilder.ocr.org.uk/marketing/Security/login) to build bespoke exam/assessments specific to LO1 – Intrinsic factors |
| 17 | Revision and test on LO1 – Extrinsic and Intrinsic factors | Use free resource – [OCR ExamBuilder](https://exambuilder.ocr.org.uk/marketing/Security/login) to build bespoke exam/assessments specific to LO1 – Extrinsic and intrinsic factors |
| **Sport Science Unit R041: Reducing the risk of sports injuries****Learning Outcome 2: Understand how appropriate warm up and cool down routines can help to prevent injury** |
| 18 | LO2 – Key components of a warm up* Devise a warm up for a named activity using all five components
 | Lesson Element: Using warm ups and cool downs to prevent injury:Tasks 1, 3 and 5[Teacher instructions](https://ocr.org.uk/Images/182772-using-warm-ups-and-cool-downs-to-prevent-injury-teacher-instructions.pdf)[Student task sheet](https://ocr.org.uk/Images/182773-using-warm-ups-and-cool-downs-to-prevent-injury.doc)[Warm-up and cool/warm down](https://www.slideshare.net/thomsasussell/warm-up-and-coolwarm-down)[Warm-up ideas](https://www.teachingideas.co.uk/subjects/warm-up-ideas) |
| 19 | LO2 - The physical benefits of a warm up* Describe the physical benefits of warming up
 | Lesson Element: Using warm ups and cool downs to prevent injury:Tasks 2[Teacher instructions](https://ocr.org.uk/Images/182772-using-warm-ups-and-cool-downs-to-prevent-injury-teacher-instructions.pdf)[Student task sheet](https://ocr.org.uk/Images/182773-using-warm-ups-and-cool-downs-to-prevent-injury.doc)Lesson Element: Risks and InjuriesTask 2[Teacher instructions](https://ocr.org.uk/Images/74405-risks-and-injuries-teacher-instructions.pdf)[Student task sheet](https://ocr.org.uk/Images/71441-risks-and-injuries.doc)[Sports coach – warm up and cool down](https://www.brianmac.co.uk/warmup.htm) |
| 20 | LO2 – Psychological benefits of a warm up* Describe the psychological benefits of warming up
 | Lesson Element: Using warm ups and cool downs to prevent injury:Task 2[Teacher instructions](https://ocr.org.uk/Images/182772-using-warm-ups-and-cool-downs-to-prevent-injury-teacher-instructions.pdf)[Student task sheet](https://ocr.org.uk/Images/182773-using-warm-ups-and-cool-downs-to-prevent-injury.doc) |
| 21 | Revision and test on LO2 – Warm up | Use free resource – [OCR ExamBuilder](https://exambuilder.ocr.org.uk/marketing/Security/login)to build bespoke exam/assessments specific to LO2 – Warm up |
| 22 | LO2 – Key components of a cool down* Devise a cool down for a named activity using the two components
 | [Warming up and cooling down for exercise](http://www.mydr.com.au/sports-fitness/warming-up-and-cooling-down-for-exercise/)[Sports coach – warm up and cool down](https://www.brianmac.co.uk/warmup.htm) |
| 23 | LO2 - The physical benefits of a cool down* Describe the physical benefits of a cool down
 | [Warming up and cooling down for exercise](http://www.mydr.com.au/sports-fitness/warming-up-and-cooling-down-for-exercise/)[Sports coach – warm up and cool down](https://www.brianmac.co.uk/warmup.htm) |
| 24 | LO2 - Specific needs which a warm up/cool down must consider* Identify the five different specific needs that a warm up/cool down must consider and describe how each need can influence injury.
 | Lesson Element: Using warm ups and cool downs to prevent injury:Tasks 4 and 5[Teacher instructions](https://ocr.org.uk/Images/182772-using-warm-ups-and-cool-downs-to-prevent-injury-teacher-instructions.pdf)[Student task sheet](https://ocr.org.uk/Images/182773-using-warm-ups-and-cool-downs-to-prevent-injury.doc)[Lesson Element: Factors which influence the risk of injury](https://www.ocr.org.uk/Images/182770-factors-which-influence-the-risk-of-injury-teacher-instructions.pdf)Task 4 |
| 25 | * Describe the importance of a warm up/cool down in preparation for a particular activity/sport
* Describe the environmental factors that need to be taken into consideration when performing a warm up/cool down.
 | [Delivery Guide: LO1 Understand different factors which influence the risk of injury](https://ocr.org.uk/Images/182769-reducing-the-risk-of-sports-injuries.pdf):* Session structure
 |
| 26 | * Revision and test on LO2 – Cool down
 | Use free resource – [OCR ExamBuilder](https://exambuilder.ocr.org.uk/marketing/Security/login)to build bespoke exam/assessments specific to LO2 – Cool down |
| 27 | * Revision and test on LO2 – Warm up and cool down
 | Use free resource – [OCR ExamBuilder](https://exambuilder.ocr.org.uk/marketing/Security/login) to build bespoke exam/assessments specific to LO2 – Warm up and cool down |
| 28 | * Revision and test LO1 and LO2
 | Use free resource – [OCR ExamBuilder](https://exambuilder.ocr.org.uk/marketing/Security/login) to build bespoke exam/assessments specific to LO1 and LO2 |
| **Sport Science Unit R041: Reducing the risk of sports injuries****Learning Outcome 3: Know how to respond to injuries within a sporting context** |
| **Year 2**1 | LO3 – Acute and chronic injuries* What is an acute injury
* How are they caused?
* What are the symptoms?
 | [Lesson Element: Sports injuries and common medical conditions](https://www.ocr.org.uk/Images/182775-sports-injuries-and-common-medical-conditions.doc)Task 3Lesson Element: Risks and InjuriesTask 3[Teacher instructions](https://www.ocr.org.uk/Images/74405-risks-and-injuries-teacher-instructions.pdf)[Student task sheet](https://www.ocr.org.uk/Images/71441-risks-and-injuries.doc) |
| 2 | LO3 – Continuation of acute and chronic injuries* What is a chronic injury?
* How are they caused?
* What are the symptoms?
 | [Lesson Element: Sports injuries and common medical conditions](https://www.ocr.org.uk/Images/182775-sports-injuries-and-common-medical-conditions.doc)Task 3 |
| 3 | LO3 – Continuation of acute and chronic injuries* Describe the differences between acute and chronic injuries.
 | [Lesson Element: Sports injuries and common medical conditions](https://www.ocr.org.uk/Images/182775-sports-injuries-and-common-medical-conditions.doc)Task 3 |
| 4 | LO3 – Continuation of types, causes and treatment of common sports injuries * Understand the causes and treatment of soft tissue injuries:
* Sprains
* Strains
 | [Sprains and strains](https://www.nhs.uk/conditions/sprains-and-strains/) |
| 5 | LO3 – Continuation of types, causes and treatment of common sports injuries * Understand the causes and treatment of overuse injuries:
* Tendonitis
* Tennis elbow
* Golfers elbow
* Shin splints.
 | [Tendonitis](https://www.nhs.uk/conditions/tendonitis/)[Tennis elbow](https://patient.info/bones-joints-muscles/tendinopathy-and-tenosynovitis-tendinosis/tennis-elbow)[Golfer’s elbow](https://www.webmd.com/fitness-exercise/golfers-elbow-basics#1)[Shin splints](https://www.runnersworld.com/shin-splints/) |
| 6 | Revision and test LO3 – Acute and chronic injuries, soft tissue and overuse sports injuries | Use free resource – [OCR ExamBuilder](https://exambuilder.ocr.org.uk/marketing/Security/login) to build bespoke exam/assessments specific to LO3 – Acute and chronic injuries |
| 7 | LO3 – Continuation of types, causes and treatment of common sports injuries * Understand the causes and treatment of fractures:
* Open
* Closed
 | [Broken ankle](https://www.nhs.uk/conditions/broken-ankle/)[Broken arm or wrist](https://www.nhs.uk/conditions/broken-arm-or-wrist/)[Broken collarbone](https://www.nhs.uk/conditions/broken-collarbone/)[Broken finger or thumb](https://www.nhs.uk/conditions/broken-finger/)[Broken leg](https://www.nhs.uk/conditions/broken-leg/)[Broken nose](https://www.nhs.uk/conditions/broken-nose/)[Broken or bruised ribs](https://www.nhs.uk/conditions/broken-or-bruised-ribs/)[Broken toe](https://www.nhs.uk/conditions/broken-toe/) |
| 8 | LO3 – Continuation of types, causes and treatment of common sports injuries * Understand the causes and treatment of concussion (signs and symptoms)
 | [First aid for concussion](https://www.sportsinjuryclinic.net/?s=concussion)[Concussion](https://www.nhs.uk/conditions/concussion/)[SCAT5](https://resources.fifa.com/image/upload/scat5-sport-concussion-assessment-tool.pdf?cloudid=y0qwvjew3zzz0bxx0a0h) |
| 9 | LO3 – Continuation of types, causes and treatment of common sports injuries * Understand the causes and treatment of abrasions:
* Grazes
* Cuts
 | [Cuts and grazes](https://www.nhs.uk/conditions/cuts-and-grazes/) |
| 10 | LO3 – Continuation of types, causes and treatment of common sports injuries * Understand the causes and treatment of contusions:
* Bruises
 | [Bruises](https://www.nhs.uk/common-health-questions/accidents-first-aid-and-treatments/what-are-bruises/) |
| 11 | LO3 – Continuation of types, causes and treatment of common sports injuries * Understand the causes and treatment of blisters
 | [Blisters](https://www.sportsinjuryclinic.net/?s=blisters)[Blisters](https://www.nhs.uk/conditions/blisters/) |
| 12 | LO3 – Continuation of types, causes and treatment of common sports injuries * Understand the causes and treatment of cramp
 | [Cramp](https://www.sportsinjuryclinic.net/?s=cramp)[Leg cramps](https://www.nhs.uk/conditions/leg-cramps/) |
| 13 | LO3 – Continuation of types, causes and treatment of common sports injuries * Understand the causes and treatment of injuries related to children such as severs disease and Osgood Schlatter’s disease
 | [Sever’s disease](https://www.sportsinjuryclinic.net/?s=severs+disease)[Osgood Schlatter disease](https://www.sportsinjuryclinic.net/?s=osgood+schlatters)[Sever’s disease](https://kidshealth.org/en/parents/severs-disease.html) |
| 14 | Revision and test LO3 – Weeks 7-13 (Types, causes and treatment of common sports injuries) | Use free resource – [OCR ExamBuilder](https://exambuilder.ocr.org.uk/marketing/Security/login)to build bespoke exam/assessments specific to LO3 – Types, causes and treatments |
| 15 | LO3 - How to respond to injuries and medical conditions:* Describe the on-field assessment routine of SALTAPS
 | [What is SALTAPS?](https://firstaidtrainingcooperative.co.uk/acronyms-saltaps/) |
| 16 | LO3 – Continuation of how to respond to injuries and medical conditions in a sporting context * Describe the use of R.I.C.E.
 | [What is the RICE method for injuries?](https://www.webmd.com/first-aid/rice-method-injuries#1)[R.I.C.E. Injury treatment](https://www.physioadvisor.com.au/health/injury-rehabilitation/rice/) |
| 17 | LO3 – Continuation of how to respond to injuries and medical conditions in a sporting context * Describe the use of the following responses to treat different injuries:
* Stretching and massage
 | [Sports massage](https://www.sportsinjuryclinic.net/treatments-therapies/sports-massage) |
| 18 | LO3 – Continuation of how to respond to injuries and medical conditions in a sporting context * Describe the use of the following responses to treat different injuries:
* Taping, bandaging, splints and slings
 | [Strapping and taping guide for sport injury prevention](https://www.physioroom.com/prevention/taping_guide/index.php)[Treatment](https://www.nhs.uk/conditions/sports-injuries/treatment/)[Bandaging for immediate treatment of injury](https://www.pdhpe.net/sports-medicine/what-role-do-preventative-actions-play-in-enhancing-the-wellbeing-of-the-athlete/taping-and-bandaging/bandaging-for-immediate-treatment-of-injury/) |
| 19 | LO3 – Continuation of how to respond to injuries and medical conditions in a sporting context * Describe the use of the following responses to treat different injuries:
* Hot and cold treatments
 | [Hot and cold therapy](https://www.physioroom.com/catalog/Hot_Cold_Therapy/2001.html)[Electrotherapy in sport](https://www.sportsinjuryclinic.net/?s=hot+and+cold+therapy) |
| 20 | LO3 – Continuation of how to respond to injuries and medical conditions in a sporting context * Describe the use of the following responses to treat different injuries:
* Action plan to respond to injuries and medical conditions including emergency procedures
 | [Rugby injuries](https://www.bbc.co.uk/sport/rugby-union/43541743)[React first](https://www.reactfirst.co.uk/first-aid-tips/how-to-create-an-emergency-action-plan-for-your-sports-club/173.htm) |
| 21 | Revision and test LO3 - How to respond to injuries and medical conditions in a sporting context | Use free resource – [OCR ExamBuilder](https://exambuilder.ocr.org.uk/marketing/Security/login)to build bespoke exam/assessments specific to LO3 and response to sports injuries |
| 22 | LO3 – Emergency action plans (EAPs)* Identify the three components of an EAP
* Using examples, describe the differences between;
* Emergency personnel
* Emergency communication
* Emergency equipment
 | [Lesson Element: Sports injuries and common medical conditions](https://ocr.org.uk/Images/182774-sports-injuries-and-common-medical-conditions-teacher-instructions.pdf)Task 4[React first](https://www.reactfirst.co.uk/first-aid-tips/how-to-create-an-emergency-action-plan-for-your-sports-club/173.htm) |
| 23 | Revision and test LO3 | Use free resource – [OCR ExamBuilder](https://exambuilder.ocr.org.uk/marketing/Security/login) to build bespoke exam/assessments specific to LO3 |
| **Sport Science Unit R041: Reducing the risk of sports injuries****Learning Outcome 4: Know how to respond to common medical conditions** |
| 24 | LO4 – The symptoms and responses to common medical conditions* Describe the symptoms and responses for asthma
 | Medical conditions:[Lesson Element: Sports injuries and common medical conditions](https://ocr.org.uk/Images/182774-sports-injuries-and-common-medical-conditions-teacher-instructions.pdf)[Symptoms of asthma](https://www.asthma.org.uk/advice/understanding-asthma/symptoms/) |
| 25 | LO4 – Continuation of the symptoms and responses to common medical conditions* Describe the symptoms and responses for diabetes
* Describe the differences between Type 1 and Type 2 diabetes
* Understand the term hypoglycaemia and how it can be treated
 | [Diabetes](https://www.diabetes.org.uk/) |
| 26 | LO4 – Continuation of the symptoms and responses to common medical conditions* Describe the symptoms and responses for epilepsy
 | [Epilepsy action](https://www.epilepsy.org.uk/)[Information about epilepsy](https://healthhearty.com/information-about-epilepsy) |
| 27 | LO4 – Continuation of the symptoms and responses to common medical conditions* When to refer the performer on to a professional and how to do so
 | [Lesson Element: Sports injuries and common medical conditions](https://ocr.org.uk/Images/182774-sports-injuries-and-common-medical-conditions-teacher-instructions.pdf)Task 5 |
| 28 | Revision and test LO4 | Use free resource – [OCR ExamBuilder](https://exambuilder.ocr.org.uk/marketing/Security/login)to build bespoke exam/assessments specific to LO4 |

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