

Cambridge Technicals

Sport

Unit 1: Body systems and the effects of physical activity

Level 3 Cambridge Technical in Sport and Physical Activity
05826 - 05829 & 05872

Mark Scheme for June 2025

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This mark scheme is published as an aid to teachers and students, to indicate the requirements of the examination. It shows the basis on which marks were awarded by examiners. It does not indicate the details of the discussions which took place at an examiners' meeting before marking commenced.

All examiners are instructed that alternative correct answers and unexpected approaches in candidates' scripts must be given marks that fairly reflect the relevant knowledge and skills demonstrated.

Mark schemes should be read in conjunction with the published question papers and the report on the examination.

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MARKING INSTRUCTIONS

PREPARATION FOR MARKING

RM ASSESSOR

1. Make sure that you have accessed and completed the relevant training packages for on-screen marking: *RM Assessor Online Training: OCR Essential Guide to Marking*.
2. Make sure that you have read and understood the mark scheme and the question paper for this unit. These are available in RM Assessor
3. Log-in to RM Assessor and mark the **required number** of practice responses (“scripts”) and the **required number** of standardisation responses.

MARKING

1. Mark strictly to the mark scheme.
2. Marks awarded must relate directly to the marking criteria.
3. The schedule of dates is very important. It is essential that you meet the RM Assessor 50% and 100% (traditional 40% Batch 1 and 100% Batch 2) deadlines. If you experience problems, you must contact your Team Leader (Supervisor) without delay.
4. If you are in any doubt about applying the mark scheme, consult your Team Leader by telephone, email or via the RM Assessor messaging system.
5. **Crossed-Out Responses**
Where a candidate has crossed out a response and provided a clear alternative then the crossed-out response is not marked. Where no alternative response has been provided, examiners may give candidates the benefit of the doubt and mark the crossed-out response where legible.

Rubric Error Responses – Optional Questions

Where candidates have a choice of question across a whole paper or a whole section and have provided more answers than required, then all responses are marked and the highest mark allowable within the rubric is given. Enter a mark for each question answered into RM

Assessor, which will select the highest mark from those awarded. *(The underlying assumption is that the candidate has penalised themselves by attempting more questions than necessary in the time allowed.)*

Multiple-Choice Question Responses

When a multiple-choice question has only a single, correct response and a candidate provides two responses (even if one of these responses is correct), then no mark should be awarded (as it is not possible to determine which was the first response selected by the candidate).

When a question requires candidates to select more than one option/multiple options, then local marking arrangements need to ensure consistency of approach.

Contradictory Responses

When a candidate provides contradictory responses, then no mark should be awarded, even if one of the answers is correct.

Short Answer Questions (requiring only a list by way of a response, usually worth only one mark per response)

Where candidates are required to provide a set number of short answer responses then only the set number of responses should be marked. The response space should be marked from left to right on each line and then line by line until the required number of responses have been considered. The remaining responses should not then be marked. Examiners will have to apply judgement as to whether a 'second response' on a line is a development of the 'first response', rather than a separate, discrete response. *(The underlying assumption is that the candidate is attempting to hedge their bets and therefore getting undue benefit rather than engaging with the question and giving the most relevant/correct responses.)*

Short Answer Questions (requiring a more developed response, worth two or more marks)

If the candidates are required to provide a description of, say, three items or factors and four items or factors are provided, then mark on a similar basis – that is downwards (as it is unlikely in this situation that a candidate will provide more than one response in each section of the response space).

Longer Answer Questions (requiring a developed response)

Where candidates have provided two (or more) responses to a medium or high tariff question which only required a single (developed) response and not crossed out the first response, then only the first response should be marked. Examiners will need to apply professional judgement as to whether the second (or a subsequent) response is a 'new start' or simply a poorly expressed continuation of the first response.

6. Always check the pages (and additional objects if present) at the end of the response in case any answers have been continued there. If the

candidate has continued an answer there, then add the annotation 'SEEN' to confirm that the work has been seen and mark any responses using the annotations in section 11.

7. There is a NR (**No Response**) option. Award NR (No Response):

- if there is nothing written at all in the answer space
- OR if there is a comment which does not in any way relate to the question (e.g., 'can't do', 'don't know')
- OR if there is a mark (e.g., a dash, a question mark) which is not an attempt at the question.

Note: Award 0 marks – for an attempt that earns no credit (including copying out the question).

8. The RM Assessor **comments box** is used by your Team Leader to explain the marking of the practice responses. Please refer to these comments when checking your practice responses. **Do not use the comments box for any other reason.**

9. *Assistant Examiners will send a brief report on the performance of candidates to their Team Leader (Supervisor) via email by the end of the marking period. The report should contain notes on particular strengths displayed as well as common errors or weaknesses. Constructive criticism of the question paper/mark scheme is also appreciated.*

10. For answers marked by levels of response: Not applicable in F501

To determine the level – start at the highest level and work down until you reach the level that matches the answer

To determine the mark within the level, consider the following

Descriptor	Award mark
On the borderline of this level and the one below	At bottom of level
Just enough achievement on balance for this level	Above bottom and either below middle or at middle of level (depending on number of marks available)
Meets the criteria but with some slight inconsistency	Above middle and either below top of level or at middle of level (depending on number of marks available)
Consistently meets the criteria for this level	At top of level

11. Annotations used by examiners

Annotation	Meaning
	Tick
	Cross
	Benefit of the doubt
	Vague
	Repeat
	Maximum / sub-maximum marks reached
	Response seen/read but no credit given / also used to show blank pages or additional answer pages have been looked at
	No response given (as opposed to zero marks as response given but not worthy of credit)
	Knowledge and understanding (use for extended response Question)
	Developed point (use for extended response Question)
	Level 1 response (use for extended response Question)
	Level 2 response (use for extended response Question)
	Level 3 response (use for extended response Question)
	If there is no response on a page annotate accordingly

Multiple Choice Questions

Examiners indicate if answer given is correct or not using a tick or cross on the right hand side of the question.

All questions other than Multiple Choice and Extended response Question 21

Tick = correct

Cross = incorrect

BOD = benefit of the doubt given

VG = answer is vague / no benefit of the doubt given / also used where additional material may have been seen but no more marks gained

SEEN = response been read but no credit given / also used where no response attempted

REP = Point repeated and no further credit given

MAX = if maximum marks have been awarded for a question or part of a question, then mark as MAX in left hand margin.

Extended response - Question 21

Please note that on the extended response question ticks and crosses are not used as it is not 1 tick = 1 mark.

Where applicable:

KU is used to indicate that a knowledge point from the mark scheme indicative content has been used.

DEV is used to indicate that a more developed or detailed point has been made (showing greater understanding).

SEEN response been read but no credit given / where repetition is shown

L1 = Level 1 (for 'Levels-marked' questions only) – put at end of response to indicate level awarded

L2 = Level 2 (for 'Levels-marked' questions only) – put at end of response to indicate level awarded

L3 = Level 3 (for 'Levels-marked' questions only) – put at end of response to indicate level awarded

Examiner Guidance on annotations

1. General guidance:

- mark using RM annotations – **every** question to be marked
- record the total mark for each question in RM mark boxes
- **check carefully** that you input the correct mark – check the number of ticks recorded for each question (apart from Q21)
- **Do not** use ticks on Q21 – use KU (Knowledge and understanding credits) and DEV (Development credits)
- Only record KU and DEV **on left hand side** of script so that candidate's work is not obscured
- Record level on **left hand side** at the base of Q21 and record total mark for the question
- If candidate has attempted the question or even an attempt that is crossed out (still mark crossed out work), and deserves no credit then
record zero
- If candidate leaves a question unanswered then use the annotation '**SEEN**' and **record NR** in the totals box (no response)
- Use **BP** on all blank pages to show that you have checked for any responses

2. For Multiple-Choice Questions (MCQs), use a **tick** or a **cross** to the right-hand side of the option indicated by the learner as being their answer.

3. For points-marked questions (all apart from Q21):

- Structured scheme: one mark = one point, represented by a **tick**
- Keep referring to the requirements of each question
- Annotate **every** question answered

4. For the levels marked questions:

- Keep checking for relevance of the response to the requirements of the question
- Give **KU** for each KU credit achieved on the levels MS
- Give '**DEV**' for every point that has been sufficiently developed and shown understanding indicated on the levels MS

- Now **review again** the answer.
- Remember to **keep checking** whether the response answers the question set.
- REVIEW THE LEVELS' DESCRIPTORS AND ESPECIALLY THE DISCRIMINATOR POINTS TO PINPOINT THE MARK.
- Indicate the level awarded (**L1**, **L2** or **L3**) at the base of the answer on the **LHS**, then enter the total mark for Q21
- Some candidates may make relatively few points but develop them well to show good understanding, meet well the generic criteria descriptors in the top level and answer all parts of the question and therefore score well.
- Some candidates may make many points but may not show the depth of analysis required to match the generic criteria descriptors in the top level and therefore score less well.
- Do not be afraid to give full marks if all descriptors / discriminators are met at the required level.
- It is **unlikely for learners to score 0** (nil) marks if they have attempted to answer the question set, unless the material is entirely irrelevant.
- Use your professional judgement and **contact your Team Leader** if you need help in applying the scheme.

Question			Answer	Marks	Guidance
1			(a) Aid clotting of blood	1	
2			(c) Long	1	
3			(b) 70 ml	1	
4			(c) Rectus abdominus	1	
5			(b) Cranium and sacrum	1	
6			(c) Increased resistance to fatigue	1	
7			(b) Preparing to play a forehand drive shot in tennis	1	
8			Slightly moveable (joints)	1	BOD: amphiarthroses BOD: partially moveable / semi-moveable DNA: synarthroses / diarthroses
9			Carries / pumps / delivers / distributes / transports (oxygenated) blood to the body / tissues / muscles	1	DNA: 'transports blood' on its own = VG DNA: reference to deoxygenated blood
10			Fats / lipids / triglycerides / free fatty acids or FFAs / proteins	1	DNA: CHO / glucose / glycogen DNA: macronutrients / micronutrients DNA: examples of food, e.g. pasta, rice, etc.
11	(a)		1. Protection 2. Blood (cell) production 3. Mineral storage OR store of minerals 4. Attachment for muscles 5. Structure	2	Mark 1 st two answers as per guidance in marking instructions. DNA: 'cell production' on its own, as blood must be mentioned = VG DNA: Attachment on its own = VG

Question			Answer	Marks	Guidance
11	(b)		1. (Stability) prevent dislocation OR hold bones in place OR attach bones to each other OR attach bone to bone OR prevent unwanted movement 2. (Mobility) allow bones to move OR have (some / limited) elasticity / pliability / flexibility	2	MP1 BOD: Attach bones (plural) MP1 DNA: Attach bone (singular) MP1 DNA: holds joint in place MP2 BOD: they are elastic / flexible MP2 DNA: stretchy MP2 DNA: allow joints to move MP2 DNA: allows movement = VG MP2 DNA: bones move freely = VG MP2 DNA: answers linked to muscles / tendons
12	(a)		1. Stronger / thicker / denser bones 2. Stronger ligaments / increased joint stability 3. Thicker / stronger cartilage 4. Reduced risk of osteoporosis 5. Reduced risk of (osteo)arthritis 6. Improved posture 7. Reduced risk of fractures 8. Increased mineral / calcium storage 9. Increased (red) blood cell (RBC) production	2	Mark 1 st two answers as per guidance in marking instructions MP2 DNA: tendons MP4 and MP5 DNA: Prevents = VG MP7 DNA: breaks / broken bones MP7 DNA: reduced risk of injury = VG DNA: effects on muscular, cardiovascular, respiratory or energy systems

Question			Answer	Marks	Guidance
12	(b)		1. Increased risk of (osteo)arthritis OR wearing away of cartilage / articular cartilage / hyaline cartilage 2. Overuse injuries / stress fractures / formation of bone spurs/ shin splints / Osgood Schlatter's	1	Mark 1 st answer as per guidance in marking instructions DNA: one-word answers for either MP where applicable MP1 accept: osteoarthritis even if stated as a positive in 12a MP2 accept: other overuse injuries if relevant to skeletal system. MP2 DNA: Injury = VG MP2 DNA: fractures (on its own) breaks / broken bones DNA: Osteoporosis for either MP DNA: effects on muscular, cardiovascular, respiratory or energy systems
13			A = rectus femoris B = vastus medialis C = semitendinosus D = biceps femoris	4	Accept: incorrect spellings if phonetic. DNA: vastus intermedius (as it is hidden behind the rectus femoris)

Question			Answer	Marks	Guidance
14			- At low intensity (only) slow (oxidative) twitch fibres / SO / type 1 fibres are used - At medium / high intensity OR as intensity increases fast oxidative fibres / FO / FOG / type 2A fibres are used (as well as slow twitch) - As intensity increases further that fast oxidative fibres / FO / FOG / type 2A fibres goes to fast glycolytic fibres / FG / type 2B fibres - At higher / highest intensity fast glycolytic fibres / FG / type 2B fibres are used (as well as SO and FO) - At highest intensity all three muscle fibre types are used	3	MP2 BOD: moderate MP4 and MP5 BOD: explosive / maximum output Credit responses in any order DNA: As intensity increases fast twitch fibres are used (no differentiation between types) = VG DNA: type 2X fibres DNA: Answers applied to sporting examples Answers may score more than one mark in a sentence, e.g. 'at low intensity slow oxidative fibres are used, then as intensity increases fast oxidative are recruited and then fast glycolytic are recruited for maximum intensity.' = 3 marks.
15	(a)		- Tricuspid (valve) OR right atrioventricular (valve) Right ventricle (chamber) - Pulmonary (valve) OR semilunar (valve) - Pulmonary artery (blood vessel)	4	Answers must be in correct order. DNA: 'atrioventricular' or 'ventricle' on their own
15	(b)		Prevent backflow of blood OR allow blood to flow in right direction	1	DNA: prevents backflow on its own = VG DNA: 'Open / close' unless linked to effect on blood flow = VG

Question			Answer	Marks	Guidance
16	(a)		(Heart rate) the number of beats / contractions (of the heart) per minute (Cardiac output) Volume / amount of blood pumped out of / leaves the heart / ventricles / left ventricle per minute	2	MP1 DNA: $BPM = VG$ MP1 and MP2 DNA: values for each e.g. 60 – 80 BPM or 6 litres MP2 DNA: $Q = SV \times HR$ Accept: correct equivalents, e.g. number of pumps of heart in a minute.
16	(b)		(Caused by) an increase in stroke volume (Caused by) stronger contractions (of the heart) - Increased venous return OR reference to Starling's law / intrinsic control - Role of receptors (informing the nervous system) - Receptors inform the cardiac control centre / CCC (CCC informs) sympathetic nervous system - Faster impulses from sinoatrial / SA node - Increased level of carbon dioxide - Release of adrenaline - Increase in temperature of blood / heart	4	DNA: Anticipatory rise DNA: To increase the amount of oxygen / oxygenated blood to working muscles OR greater demand for oxygen from working muscles (this explains why, not how) MP4 BOD: Accept named receptors e.g. chemoreceptors, baroreceptors, proprioceptors MP6 DNA: reference to parasympathetic nervous system

Question			Answer	Marks	Guidance
17			- Arteries have thick (muscular) walls / muscular layer / tunica medica AND veins have thin (muscular) walls / muscular layer / tunica medica OR arteries have thicker walls / muscular layer / tunica medica OR veins have thinner walls / muscular layer / tunica medica - Arteries have a narrow / small lumen / diameter AND veins have a wide / large lumen / diameter OR arteries have a narrower / smaller lumen / diameter OR veins have a wider / larger lumen / diameter - Arteries have more elastin OR veins have less elastin (in walls) - Arteries do not contain valves AND veins have valves - Arteries carry blood away from the heart AND veins carry blood towards the heart - Arteries carry blood at high pressure AND veins carry blood at low pressure OR higher blood pressure in arteries OR lower blood pressure in veins - Arteries carry blood at a higher / faster speed / velocity AND veins carry blood at low / slower speed / velocity OR higher / faster blood speed / velocity in arteries OR lower / slower blood speed / velocity in veins Most arteries carry oxygenated blood AND most veins carry deoxygenated blood	3	Mark 1st three answers as per guidance in marking instructions Answers must show a difference or use a comparative word, e.g. thicker / narrower, etc. MP3 BOD: accept elastic
18	(a)		(Incorrect label) bronchiole (Correct name) trachea (Incorrect label) bronchi (Correct name) bronchiole Incorrect label can be credited in any order	4	DNA: correct name if the incorrect label is inaccurate

Question			Answer	Marks	Guidance
18	(b)		1. Diaphragm contracts / flattens / moves downwards 2. External intercostals contracts 3. Ribs move up AND/OR out 4. Increase in volume of thoracic cavity / chest cavity / thorax / lungs / lungs to expand 5. Decrease in pressure in thoracic cavity / chest cavity / thorax / lungs 6. Air is drawn in	4	MP3 BOD: lifts ribs / rib cage MP2 DNA: 'intercostals' = VG MP3 DNA: chest up and out = VG MP4 DNA: increases size / space MP5 DNA: oxygen in. It must be 'air' DNA: Air is drawn in on its own or if linked to nasal cavity, must be linked to either MP4 or MP5 (even if VG and the context is correct) DNA: contradictory responses e.g. MP1 diaphragm contracts and moves up and MP3 ribs move down and out / up and in DNA: Reference to accessory muscles, e.g. scalene / sternocleidomastoid / pectoralis minor / rectus abdominus (only act during exercise)

Question			Answer	Marks	Guidance
18	(c)		1. (Rectus abdominus) contracts during expiration OR contracts to force air out 2. (Rectus abdominus) forces the diaphragm up OR pulls the sternum / rib cage down 3. (Rectus abdominus) reduces the volume of the thoracic cavity / chest cavity / lungs 4. Increases the pressure in the thoracic cavity / chest cavity / lungs 5. (Rectus abdominus) relaxes during inspiration / relaxes to allow the ribs to move up and out during inspiration	2	MP1 BOD: exhalation MP5 BOD: Inhalation MP5 DNA: pulls rib cage up
19			In the alveoli the partial pressure of oxygen is high/er and the partial pressure of carbon dioxide is low/er In the capillaries the partial pressure of oxygen is low/er and the partial pressure of carbon dioxide is high/er The difference between the pressures of gases is known as a diffusion gradient Gases move from an area of high/er pressure to an area of low/lower pressure. The greater the difference in pressures, the faster / quicker / higher the rate of gaseous exchange.	7	Answer in correct order are: High/er Low/er Low/er High/er Gradient High/er and Low/er (both needed for 1 mark) Faster / quicker / higher DNA: any other alternative answers
20	(a)		1. ATP-PC (system) OR alactic (system) 2. Lactic acid (system)	2	Mark 1st two answers as per guidance in marking instructions Accept: answers in any order. MP1 BOD: PC system / CP system MP1 DNA: ATP on its own MP2 BOD: glycolytic system / glycolysis / anaerobic glycolysis / lactate system

Question			Answer	Marks	Guidance
20	(b)		1. Carbon dioxide / CO ₂ 2. Water / H ₂ O	2	Mark 1 st two answers as per guidance in marking instructions Accept: answers in any order. MP2 DNA: Sweat
20	(c)		Intensity	1	BOD: 'how hard you are working' or equivalent. DNA: 'duration' (in question) DNA: 'distance'

21* Analyse the movements of the elbow joint during both phases of the press up. – 10 marks

1. (Type of joint) Hinge 2. (Articulating bones) Humerus, radius and ulna – must have all 3 for credit 3. (Joint movements) Upward phase – extension 4. (Joint movements) Downward phase – flexion 5. (Main muscles acting and their roles) Biceps (brachii) AND Triceps (brachii) • Antagonistic pair OR work antagonistically • Agonist muscle is responsible for creating movement • Antagonist muscle opposes the agonist / relaxes to enable movement. 6. (Types of muscle contraction) • Concentric muscle/agonist shortens under tension to produce movement • Eccentric muscle/agonist lengthens under tension to control movement • Isometric muscle contracts but does not change in length • Isotonic whilst moving (referenced on its own but not linked to concentric and eccentric)	(Upward phase - elbow extension is caused by ...) 7. Agonist is triceps (brachii) • Concentric contraction 8. Antagonist is biceps (brachii) • Relaxes / lengthens • May be working to stabilise elbow joint • DO NOT CREDIT eccentric contraction (this is incorrect in the upward phase) 9. Fixators • deltoid / latissimus dorsi / pectoralis major / trapezius / teres major • Fixator stabilises to allow movement • Stabilise the shoulder joint OR hold humerus / upper body in position • Isometric contraction (Downward phase - elbow flexion is caused by ...) 10. Agonist is still triceps (brachii) • Eccentric contraction • Muscle is contracting to control the lowering of the body 11. Antagonist is still the biceps (brachii) 12. Role of fixators does not change 13. If body is held in a static position, either up or down • Contraction of triceps (brachii) is isometric
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21* Analyse the movements of the elbow joint during the press up. – 10 marks	
Level 3 (8–10 marks) A comprehensive answer: Detailed knowledge & understanding. Effective analysis/critical evaluation and/or discussion/explanation/development. Clear and consistent practical application of knowledge. Accurate use of technical and specialist vocabulary. High standard of written communication.	At Level 3 responses are likely to include: Detailed knowledge and excellent analysis of the movements at the elbow joint during a press up during both the upward and downward phases. At the top of this level the movement analysis is accurate for both the upward and downward phase. The function of the fixator(s) has been explained with reference to their roles at the shoulder. There may also be reference to the possible isometric contraction at the top of the upward phase or the bottom of the downward phase. At the bottom of this level an understanding is shown that the agonist is the same for both phases and the role of fixators or the presence of isometric contractions may be covered.
Level 2 (5–7 marks) A competent answer: Satisfactory knowledge & understanding. Analysis/critical evaluation and/or discussion/explanation/development attempted with some success. Some success in practical application of knowledge. Technical and specialist vocabulary used with some accuracy. Written communication generally fluent with few errors.	At Level 2 responses are likely to include: Satisfactory knowledge of how to analyse movements at the elbow joint during a press up. At this level some parts may be covered well but there may be errors or gaps in knowledge. At the top of this level Satisfactory knowledge of antagonistic muscles acting together, different types of contraction and their roles, with an understanding of muscle function in either the upward or downward phase. At the bottom of this level the joint type, articulating bones, joint movements linked to both phases and the muscles should be correct. Some knowledge of antagonistic muscles acting together is likely to be shown with some understanding of different types of contraction in either the upward or downward phase.
Level 1 (1–4 marks) A limited answer: Basic knowledge & understanding. Little or no attempt to analyse/critically evaluate and/or discuss/explain/develop. Little or no attempt at practical application of knowledge. Technical and specialist vocabulary used with limited success. Written communication lacks fluency and there will be errors, some of which may be intrusive.	At Level 1 responses are likely to include: Basic knowledge of how to analyse movements at the elbow joint during a press up. At this level some parts may be covered at a satisfactory level but there may be errors or gaps in knowledge. At the top of this level the joint type, articulating bones, joint movements linked to both phases and the muscles are likely to be named At the bottom of this level the joint type OR articulating bones OR joint movements OR muscles may be correct.
[0 marks] No response or no response worthy of credit.	

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