

Approved Sporting Activity list for:

Cambridge Nationals (J828, J829) and Cambridge Technicals in Sport and Physical Activity (05826, 05827, 05828, 05829, 05872, 05885, 05886, 05889)

For first assessment January 2023

List of activities

OCR has issued the following lists based upon the suitability of activities as a means of assessing students' as part of:

1. The Cambridge Nationals Units R181, R185 and R187
2. The Cambridge Technicals Level 2, unit 7 and Level 3, Unit 18.

These lists are full and final and your students must pick activities from these lists for inclusion within their qualifications.

Section 1 – Units R181, R185, Unit 7 and Unit 18 (LO1, 2 and 4 only)

The list of activities below is a full and complete list of all available activities which can be used within:

- Units R181, R185, Cambridge National (Whole unit)
- Unit 7, Level 2 Cambridge Technical (All LO's)
- Unit 18, Level 3 Cambridge Technical (LO1, LO2 & LO4)

Please see section 2 for the list for unit R187 and Unit 18 (LO3)

Team Activity	Comments
Acrobatic Gymnastics	Cannot be assessed with Gymnastics
Association football	Cannot be five-a-side or futsal
Badminton	Cannot be assessed with singles
Basketball	
Camogie	Cannot be assessed with hurling
Cricket	
Dance	Cannot be assessed with individual Dance
Figure skating	This can only be used for one activity. Cannot be assessed with dance
Futsal	Cannot be assessed with Football
Gaelic football	
Handball	
Hockey	Must be field hockey, not ice hockey or roller hockey
Hurling	Cannot be assessed with camogie
Ice Hockey	Cannot be assessed with Inline roller Hockey
Inline roller Hockey	Cannot be assessed with Ice Hockey
Lacrosse	
Netball	
Rowing	Cannot be assessed with sculling canoeing or kayaking
Rugby league	Cannot be assessed with rugby union or rugby sevens – cannot be tag rugby
Rugby union	Can be assessed as sevens or fifteen a side. Cannot be assessed with rugby league, cannot be tag rugby. Only one form
Sailing	Candidates must be assessed within full competitive situations as the helmsperson in one of the following Royal Yachting Association (RYA) sailing boat classifications: Individual – single hander <ul style="list-style-type: none"> • Optimist • RS terra sport • Topper • ILCA 4 (Laser4.7) This can only be used for one activity
Sculling	Cannot be assessed with rowing, canoeing or kayaking. Cannot be assessed with individual sculling
Squash	Cannot be assessed with singles

Table tennis	Cannot be assessed with singles
Tennis	Cannot be assessed with singles
Volleyball	
Water Polo	

Specialist Team Activities	Candidates must meet the classification criteria for these sports in order to participate in them
Blind cricket	
Goal ball	
Powerchair football	Cannot be assessed with Wheelchair basketball
Table cricket	
Wheelchair basketball	
Wheelchair rugby	

Individual Activity	Comments
Amateur boxing	
Athletics	
Badminton	Cannot be assessed with doubles
Canoeing	Cannot be assessed with kayaking, rowing or sculling
Cross Country Running	
Cycling	Track or Road or BMX (racing not tricks) only
Dance	Cannot be assessed with Team Dance
Diving	Platform diving
Golf	
Gymnastics	Floor routines and apparatus only
Equestrian	
Figure skating	This can only be used for one activity. Cannot be assessed with dance
Kayaking	Cannot be assessed with canoeing, rowing or sculling
Rock climbing	Can be indoor or outdoor
Sailing	<p>Candidates must be assessed within full competitive situations as the helmsperson in one of the following Royal Yachting Association (RYA) sailing boat classifications:</p> <p>Team – double hander</p> <ul style="list-style-type: none"> • RS Feva XL • Cadet <p>This can only be used for one activity</p>
Sculling	Cannot be assessed with rowing, canoeing or kayaking. Cannot be assessed with team sculling

Skiing	Outdoor/indoor on snow; cannot be assessed with snowboarding. Must not be dry slopes
Snowboarding	
Squash	Cannot be assessed with doubles
Swimming	Not synchronised swimming

Individual Activity	Comments
Table tennis	Cannot be assessed with doubles
Tennis	Cannot be assessed with doubles
Trampolining	
Windsurfing	Royal Yachting Association Windsurfing classes only. Nationals - Bic Techno 2930D/iQ foil Technicals - iQ foil/RS:X 8.5
Specialist Individual Activities	Candidates must meet the classification criteria for these activities in order to participate in them
Boccia	
Polybat	

The inclusion or non-inclusion of an activity in this list does not represent a view on the legitimacy or value of the activity.

The list has been revised to reflect Ofqual's principles that non-exam assessment should ensure sound assessment practice, be manageable, and ensure the qualification is not easily distorted.

Learners can be assessed in different activities for each of the Learning Outcomes (LOs) or topic areas. Team activities may not be a team derivative of the individual activity assessed e.g. You may not take both Tennis and Tennis doubles or team dance and individual dance. Please see full list of restrictions within the tables above.

R185

Learners need only be assessed in one discipline/position for their chosen activity. For example, Long jump in Athletics, or Scrum Half in Rugby or Goal Keeper in Football.

Unit 7, level 2 Cambridge Technicals

Learners may use an activity from either LO1 or LO2 in the assessments of LO3.

Unit 18, level 3 Cambridge Technicals

Learners may use an activity from either LO1 or LO2 in the assessments of LO4.

Section 2; Unit R187 and Unit 18 (LO3) Outdoor and Adventurous Activities

The list of activities below is a full and complete list of all available activities which can be used within unit R187 (whole unit) of the National and unit 18 (LO3) of the Cambridge Technical.

Please note that whilst there is no issue with you introducing some of these activities to students through indoor facilities you must ensure that they do complete the activity in its full outdoor setting E.g. just doing indoor climbing is not permitted.

Activity area	Details
Water sports	Canoeing / Kayaking Sailing Windsurfing Please refer to the sailing and windsurfing classifications listed on previous pages.
Trekking	Hill Walking Orienteering Mountaineering
Climbing	Single pitch Abseiling
Caving	Potholing Mine Exploration
Cycling	Mountain Trail BMX
Snow Sports	Snow boarding Skiing Snow Shoeing
Gliding	Hang Gliding Paragliding
Other	Gorge Walking Sea Level traversing High Ropes Courses Canyoning Coasteering

The inclusion or non-inclusion of an activity in this list does not represent a view on the legitimacy or value of the activity.