

## LEVEL 3 CAMBRIDGE TECHNICAL IN SPORT AND PHYSICAL ACTIVITY Transition Tasks

The topics that we will be studying are (Unit 1) Body Systems and the effects of Physical Activity, (Unit 2) Sports Coaching and Activity Leadership, (Unit 3) Sports Organisation and Development, (Unit 8) Organising Sports Events and (Unit 18) Practical skills in sports. To help prepare for 6<sup>th</sup> form we would recommend completing some of the below activities. Make sure you research a range of topics.

Subject Content for this course can be found here... <https://www.ocr.org.uk/qualifications/cambridge-technical/sport-and-physical-activity/#level-3>

### Task 1 – Develop knowledge of the structure of the skeletal system (Unit 1)

- Major bones to include cranium, clavicle, ribs, sternum, scapula, humerus, radius, ulna, carpals, metacarpals, phalanges, pelvis, vertebral column (cervical, thoracic, lumbar, sacrum, coccyx), femur, patella, tibia, fibula, tarsals, metatarsals.
- Type of bone – long, short, flat, sesamoid, irregular.

### Task 2 – Can you label the human muscular system? (Unit 1)

- Deltoids, biceps, triceps, wrist flexors, wrist extensors, supinator's and pronators, pectorals, abdominals, obliques, quadriceps, hip flexors, tibialis anterior, erector spinae, trapezius, latissimus dorsi, gluteals, hamstrings, gastrocnemius, soleus.

### Task 3 – Watch some clips below regarding anatomy and physiology of the human body - and make notes (Unit 1)

Skeletal system - <https://www.youtube.com/watch?v=ltFutvTye8c>

Muscular system - <https://www.youtube.com/watch?v=YPVnlPeZKT0>

### Task 4 – Watch the sports documentary called ICARUS (Unit 1)

This provides excellent background knowledge on the pressures sports performers face and why they make the choices they do.

### Task 5 - Research the traits of a sports leader and design a lesson plan for a sport of your choice (Unit 2)

Understand what traits you need to become an effective leader. Design a basic warm up, 3 progressive tasks and a cool down for a sport of your choice. Think about delivery to a mixed ability group and what you need change and adapt due to this.

### Task 6 – Research Roles and responsibilities of sports organisations in the UK (Unit 3)

#### Research the following areas:

Sports development, Setting of rules and regulations, Organising competitions and tournaments, increasing participation, education, training coaches, providing funding (e.g. for facilities). Some examples of Sport organisations you could research are Sport England, UK sport and national Governing bodies for sports such as the RFU.

### Task 7 – Plan a sports event (Unit 8)

Scenario: Create a tournament format and consider the risks involved in a large event such as this. Design a risk assessment for a chosen sport tournament. (Unit 8)

### Task 8 – Practical Sport (unit 18)

You will be assessed in 2 sports. Do you currently participate in 2 sports? It will drastically help your grade if you do. Worth looking at joining any sports clubs?