**Sport and Physical Activity**

**Cambridge Technical Extended Certificate**

**at**

**The Blue Coat Sixth Form**



**Part 3**

This is Part 3 of the bridging course aimed to assess your knowledge and understanding of some of the key concepts and terms that you will use throughout the five units of the Key Stage 5 PE course.

This is the first assessed piece of work we will see from you so make sure it is completed to the best of your ability.

You will be expected to bring this completed work with you in September.

**Section A – Body systems and the effects of physical activity**

You are going to try a series of exam style questions, using the answers from part 1 and 2 of the bridging work so far. You need to make a separate point for the number of marks that the question is worth. Make sure you use the **correct anatomical language** for the names of the bones, muscles etc where appropriate. In September, these will be marked and recorded as an indication of how well you are starting this section of the course.

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**Section B – Sport organisation and development**

You are going to complete a series of exam style questions, using knowledge acquired from the first two parts of the bridging work.

You need to make a separate point for the number of marks that the question is worth; There is no “banding” used for these questions.

In September, these will be marked and recorded as an indication of how well you are starting this section of the course.

1. In the UK various organisations are involved with sport and physical activity; one such organisation is Sport England. Describe the work of Sport England. (6)

2) Explain the role of UK Sport (7)

**Section C – Sport and exercise psychology**

This section is coursework, not an exam, so you will need to answer in continuous prose:

* Describe the different types of motivation and explain how each can improve performance for a beginner and for an elite performer, using specific sporting examples.
* Describe the different types of goal setting and explain how setting the right goal can improve performance for a beginner and for an elite performer, using specific sporting examples.

**Section D – Practical skills in sport and physical activity**

For a sport of your choice, describe the roles and responsibilities of **all** the officials required for an elite / professional game. You may use images to help support your answer.

**Section E – Sports coaching and activity leadership**

Create a lesson plan for lesson one from your overview in part 2 of the bridging course.

Plan for 12 year 7, mixed ability participants in a space of your choice (e.g. Sports Hall, Gym, Field, Netball Courts).

The session should last for 30 minutes.

Here is a basic example of how you may set out your plan. You can use and adapt this, or you can create your own.

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| **ACTIVITY:** |  |
| **NO OF PARTICIPANTS:** |  | **AGE RANGE:** |  | **ABILITY LEVEL** |  |
| **VENUE**  |
| **OBJECTIVES FOR THE SESSION** |  |
| **TIME** | **ACTIVITY** | **MAIN TEACHING POINTS** | **ORGANISATION** | **RESOURCES/EQUIPMENT** |
|  | **Warm up****Drills (progressive)****Game situation****Cool down** |  |  |  |

**Useful YouTube videos for the physiology section;**

<https://www.youtube.com/watch?v=otHNMOaXSns&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16>

Alternatively, type into YouTube – ‘A level PE Anatomy and Physiology Joints and Movement’, and the video you are looking for is by James Morris.

<https://www.youtube.com/watch?v=2MOK3NrWTUE&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16&index=2>

Alternatively, type into YouTube – ‘A level PE Anatomy and Physiology Joint action and muscles’, and the video you are looking for is by James Morris.

*Not the same specification that you will be doing, but very good for understanding, nonetheless.*

**Useful information for the sport organisation and development section;**

<https://www.youtube.com/watch?v=zr2q4_2gwDs>

**Useful information for the psychology section;**



<https://www.youtube.com/watch?v=f4npCA983sk>

Alternatively, type into YouTube – GCSE PE Paper 2 – Goal Setting and SMART targets

<https://www.youtube.com/watch?v=_25cZYWc5Rs>

Alternatively, type into YouTube – ‘Achievement motivation PE’, and the video you are looking for is by James Morris.

*Not the same specification that you will be doing, but very good for understanding, nonetheless.*

**Useful information for the practical section;**

<https://www.ocr.org.uk/administration/support-and-tools/siu/cambridge-technicals-sport-and-physical-activity-544072/>

**Overview of the course**

**OCR Cambridge Technical Extended Certificate in Sport and Physical Activity**

<https://www.ocr.org.uk/qualifications/cambridge-technicals/sport-and-physical-activity/#level-3>



Textbooks will be provided by the PE department, but if you want to purchase a copy, this is the amazon link.
<https://www.amazon.co.uk/Cambridge-Technicals-Level-Physical-Activity/dp/1471874850>

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| **Unit %** | **Topic** | **Content** | **Assessment** |
| 25% | Body systems and the effects of physical activity (physiology)  | * Skeletal system
* Muscular system
* Cardiovascular system
* Respiratory system

Energy systems | Exam1 hour 30 70 marks |
| 25% | Sports coaching and activity leadership | * Roles and responsibilities of a coach
* Principles which underpin coaching
* Plan sports activities and sessions
* Prepare sports and activity environments

Deliver and review sports and activity sessions | Coursework assignments |
| 16.6% | Sports organisation and development | * Organisation of sport in the UK
* Sports development
* Measurement of the impact of sports development
* Sports development in practice
 | Exam1 hour60 marks |
| 16.6% | Practical skills in sport and physical activities | * Individual sport
* Team sport
* Outdoor adventurous activity

Officiating | Coursework assignments |
| 16.6% | Sport and exercise psychology | * Motivation
* Attribution theory
* Stress
* Anxiety
* Arousal

Group dynamics* Mental health and wellbeing
 | Coursework assignments |