

Transition Pack  
Cambridge Technical  
Sport and Physical  
Activity Level 3



Summer 2021

# Sport and Physical Activity Level 3



Cambridge Technicals are vocational qualifications designed for students aged 16+.

The qualification comprises of a range of units both internally and externally assessed. Completion of the single qualification will allow achievement of the Cambridge Extended Certificate. Completion of the double qualification will result in achievement of the Cambridge Diploma in Sport. The overall grade achieved depends on the result you get in the units when combined together.

The Extended Certificate has the following compulsory units:

- Unit 1: Body Systems and the Effects of Physical Activity
  - This unit covers the structure and function of the key body systems (Heart and Circulatory System, Skeleton, respiratory system etc) and how these are affected by or impact on sports performance
  - This unit is an **externally** assessed unit – assessed through an **examination**
- Unit 2: Sports Coaching and Activity Leadership
  - This unit teaches the qualities and characteristics of an effective sports leader along with how to deliver effective lessons as a coach or a leader.
  - This unit is an **internally** assessed unit – assessed through a range of pieces of course work and practical assessments.

The Diploma has the following compulsory unit in addition to Units 1 and 2:

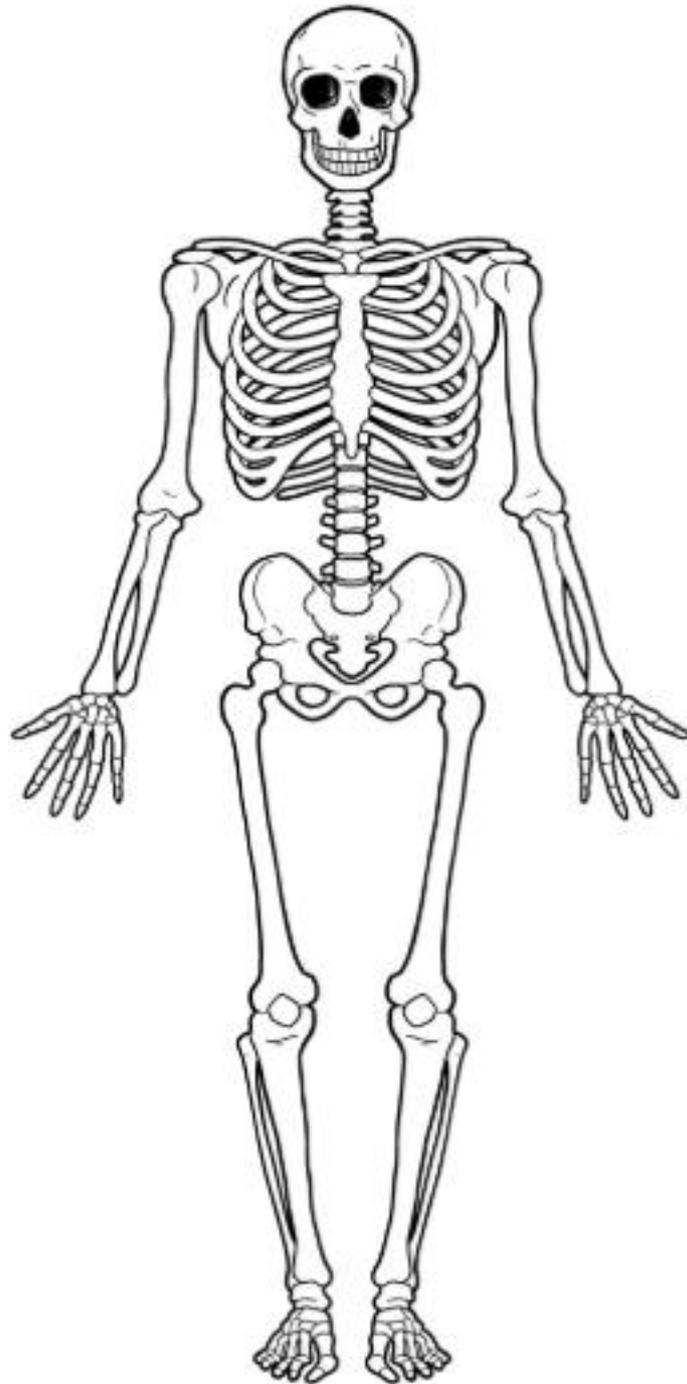
- Unit 3: Sports Organisation and Development
  - This unit allows an understanding of the organisation of the organisations involved in sport in the UK, their responsibilities and how they work together to help develop sports participation and elite performance.
  - This is an **Externally** Assessed Unit – assessed through an **examination**

In addition both the Extended Certificate and Diploma involve the completion of a range of additional units which could include:

- Performance analysis
- Organisation of sports events
- Sports Injuries
- Practical Sports Skills

\*Lessons for students completing the Extended Certificate will be taught with year 12 students only. The additional lessons for students completing the diploma will be taught at the same time as a yr 13 group.

Unit 1 - Body Systems and the effects on physical activity



**Task 1** : Colour in the skeleton image in 2 different colours showing the Axial and Apendicular Skeleton (see below for help)

**Task 2** : Label each of the bones listed below on the diagram

**Axial skeleton:**

cranium,

sternum,

ribs,

vertebral column, i.e.(cervical vertebrae, thoracic vertebrae, lumbar vertebrae, sacrum, coccyx)

**Apppendicular skeleton**

scapula,

clavicle,

humerus,

radius

ulna

carpals

metacarpals

phalanges

ilium

ischium

pubis

femur

patella

tibia

fibula

tarsals

talus

metatarsals

**BE READY TO**  
**LABEL THESE ON A**  
**DIAGRAM IN THE**  
**FIRST LESSON**  
**BACK**

**Task 3: find 3 examples of bones for each of the different types (some are harder to find the examples than others):**

<u>Type of Bone</u>	<u>Examples</u>
Long	
Short	
Flat	
Irregular	
Sesamoid	



## Task 1

You need to pick 6 of the 12 Roles identified above.

You need to give a definition on what that role means.

You then need to give an example of a coach that is particularly good at the "role" identified, including a picture of him/her



## Task 2

You need to pick 6 of the 12 Responsibilities identified above.

You need to give a definition on what that responsibility means.

You then need to give an example of a coach that is particularly good at the "responsibility" identified, including a picture of him/her