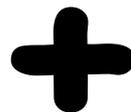


PHYSICAL EDUCATION FACULTY

Welcome to
OCR Cambridge Technicals
Level 3 Extended Certificate
Sport and Physical Activity 2019



ASHBY SCHOOL CAMBRIDGE TECHNICALS LEVEL 3

SPORT AND PHYSICAL ACTIVITY



You have chosen to spend the next one, and hopefully two years studying OCR Cambridge Technicals Level 3 Extended Certificate in Sport and Physical Activity. This is a tremendous opportunity to study a fascinating subject in a faculty that has enjoyed terrific results for over ten years. But, do not be lulled into thinking that you have chosen an easy option and a good grade is a formality - this is far from the truth.

You are to study a subject, which will provide the opportunity to develop a range of techniques, personal skills and attributes to enter higher education or employment in sport and active leisure. The units cover a wide scope of interests, this allows everyone to find an area of strength. It also means that you will find some areas more demanding. Only if you work hard in ALL units will you succeed. It is assessed through coursework within controlled conditions and with two external examinations. You therefore must be prepared to put in a good deal of your own time to improving your understanding through reading, reviewing class notes and completing all homework set.

Be aware that you will be required to work very hard and that laziness or performance below your best will not be tolerated. All work will be handed in on time. When homework is set, it should be looked at the same day so if there is a problem, you can see your teacher the next day to ensure that you complete the homework on time, and do not make the excuse that you did not understand what you had to do.

Similarly, if you are absent for any reason it is your responsibility to seek out your teacher to find out what you have missed in the lesson and to get any homework so it can be completed by the due date. Failure to complete homework suggests a lack of real interest and such a student will be advised to find another subject.

If you arrive at a lesson without completing the work set, then you are not ready for the lesson and you will be sent to a study area to complete it - this then means you will have more work to copy up when you return.

Our results are excellent year after year. This is not just down to brilliant teachers! You will find that all PE staff demand your best efforts at all times and it is this graft that brings results, not genius.

Remember that this is OCR Cambridge Technicals Level 3 and you are:

1. Here by choice
2. Intelligent - you have done well to gain the necessary entry grades
3. Expected to work very hard

You will expect to be treated like an adult, and it is therefore up to you to accept certain responsibilities, which include having the good sense and confidence to ask a teacher for help if you do not understand something. It is our job to help you and we will be happy to go over and over a topic with you if necessary. Do not sit and suffer in silence, ask the question - it is likely that others will be feeling the same way.

You will never be criticised for asking too many questions.

While in school you will have non-contact time but you should not regard this as free time. You will find that if you do not use this time wisely you will not maintain the necessary standard of work to achieve a high grade. You should use this non-contact time to do the following:

1. Read over work done in class
2. Read around areas covered in class
3. Complete homework set in class

You will not get a top grade purely on lesson notes - use the textbooks and the resources available in the PE department and in the library (view the reading list).

We advise that you purchase a course textbook. It is the Cambridge Technicals Level 3 Sport and Physical Activity Book 1 (published 2016) written by Helen Bray, Scott Chapman, Alister Myatt, Annette Short, Suzanne Bointon and James Martin. You can purchase your own copy through Amazon.

A major complaint of sixth form students is that they have nowhere to work during study periods. You do not have this excuse as the PE rooms (B35 & B36) are available to you at all times, except when another PE theory group is using it. You may use all the textbooks and the computers to do your work, but do not remove any resources from the room without asking, and remember that this is not an alternative social area.

Overall we really want you to do well. This is because we are nice people and your success means that we get to keep our jobs!

Work hard, enjoy yourself and never be afraid to ask for help!

If you ever have a question please e mail us:

Miss L Wright (L-Wright@ashbyschool.org.uk) - Leader of the Cambridge Technicals Level 3

Mr J Mycroft (G-Soszynski@ashbyschool.org.uk)

UNITS AND HOW THEY ARE ASSESSED

The Level 3 Extended Certificate in Sport and Physical Activity will be achieved through studying **two** units in year 12 and **three/four** units in year 13.

Year 12 units:

Unit 1: Body systems and the effects of physical activity; 90min written exam.

Taught by: **Mr Soszynski**

Unit 2: Sports coaching and activity leadership; 100% course work.

Taught by: **Miss Wright**



SUMMER HOLIDAY HOMEWORK

Both tasks need to be given in at the start of your first lesson back (which could be on your first day!) Remember this is your chance to make a good impression!!!

Unit 1 Homework

1. Draw the following by hand:
A diagram of the heart. Label it and indicate the flow of oxygenated and deoxygenated blood.
2. Print a picture of a skeleton and label all the bones
3. Print a picture of a muscular body and label as many muscles as you can.

Unit 2 Homework

1. Identify two influential sports leaders from a sport of your choice. Describe their role as a leader and analyse their strengths & weaknesses.
2. Compare and contrast your two chosen leaders

Happy holidays and enjoy a fun summer of sport!