

**Cambridge Technical  
Compulsory Year 12  
Pre-Course Learning**



**Level 3 Sport –**

**Please see the overview below:**

Each week, you will be expected to complete learning tasks to support the transition from year 11 into year 12 – this is for your benefit!

The course is divided into two sections and is taught by two teachers. If you have any additional questions about the course or would like any further information, please email the appropriate teacher for support.

1. **Unit 1:** Body systems and the effects of physical activity.  
Mr Soszynski ([g-soszynski@ashbyschool.org.uk](mailto:g-soszynski@ashbyschool.org.uk))
2. **Unit 2:** Sports coaching and activity leadership.  
Miss Wright ([l-wright@ashbyschool.org.uk](mailto:l-wright@ashbyschool.org.uk))

It would be beneficial to also look at the specifications for both units, which can be found at the following link:

**Body Systems:** <https://www.ocr.org.uk/Images/258723-body-systems-and-the-effects-of-physical-activity.pdf>

**Sports Coaching:** <https://www.ocr.org.uk/Images/258725-sports-coaching-and-activity-leadership.pdf>

Week Commencing	Topic
<p><b>17<sup>th</sup> July</b></p> <p><i>Unit 1</i></p>	<p><b>Page 3, 4, 5 and 6:</b></p> <p><b>Task 1 (Page 3):</b> Identify and label the structure of the vertebral column.</p> <p><b>Task 2 (Page 4):</b> Identify and label the location of 32 key bones in the body.</p> <p><b>Task 3 (Page 5):</b> Complete the word search highlighting the functions of the skeleton. Complete the extension task to further your knowledge.</p> <p><b>Task 4 (Page 6):</b> To consolidate your knowledge from task 3, complete the exam question on the functions of the skeleton, the answers can be found underneath the question.</p>
<p><b>24<sup>th</sup> July</b></p> <p><i>Unit 2</i></p>	<p><u>Roles and Responsibilities of those Involved in Delivering Sport</u></p> <p><b>Task 1 (Page 21):</b> Identify as many occupations that are involved in the world of sport (e.g. coach, groundsman or commentator) and create a spider diagram</p> <p><b>Task 2 (Page 21):</b> Write down/get a picture of your favourite athlete and their current coach Using key words, describe the coaches qualities and roles/responsibilities</p> <p><b>Task 3 (Page 22):</b> Using your key words, summarise why the coach is effective at their job.</p> <p><b>Extension task (Page 22):</b> Find a second coach and write a comparison of their qualities against the first coach</p>
<p><b>31<sup>st</sup> July</b></p> <p><i>Unit 1</i></p>	<p><b>Page 7, 9, 11 and 12</b></p> <p><b>Task 5 (Page 7):</b> Research the role of the axial and appendicular skeleton. Complete the multiple-choice exam question at the bottom of the page.</p> <p><b>Task 6 (Page 9):</b> Research the four types of fracture.</p> <p><b>Task 7 (Page 11):</b> Label the missing muscles.</p> <p><b>Task 9 (Page 12):</b> Research and write down a definition for each of the key terms.</p> <p><b>Extension task: Exam question (Page 8):</b> To consolidate your knowledge from task 2, complete the exam question on page 8.</p>
<p><b>7<sup>th</sup> August</b></p> <p><i>Unit 2</i></p>	<p><u>Leadership Styles and Personality</u></p> <p><b>Task 4 (Page 23):</b> Using the internet, research the following types of leader; autocratic, democratic and laissez-faire and make notes.</p> <p><b>Task 5 (Page 23):</b></p>

	<p>Provide a practical example of each type of leader (these maybe coaches or athletes, for example; Sir Alex Ferguson maybe described as autocratic)</p> <p><b>Task 6 (Page 24):</b> Complete this personality quiz and save/screenshot your results <a href="https://febiassessment.com/test/eysencks-personality-inventory-epi-extroversionintroversion/">https://febiassessment.com/test/eysencks-personality-inventory-epi-extroversionintroversion/</a></p> <p><u>Preparing a Coaching Session</u></p> <p><b>Task 7 (Page 24):</b> Make a list of as many things you can think of that a coach may need to check before their coaching session (for example; equipment, safety, participants etc)</p>
<p><b>14<sup>th</sup> August</b></p> <p><i>Unit 1</i></p>	<p><b>Page 14, 17 and 19</b></p> <p><b>Task 10 (Page 14):</b> Label the key structures of the heart – you can use the internet to help you with this!</p> <p><b>Task 11 (Page 17):</b> Research and label the structures of the respiratory system.</p> <p><b>Task 12 (Page 19):</b> Research and summarise the three key terms for the respiratory system and complete the exam question (3.a)</p> <p><b><i>Extension task: Exam questions (Page 15 and 18)</i></b></p>
<p><b>21<sup>st</sup> August</b></p> <p><i>Unit 2</i></p>	<p><u>Delivering a Coaching Session</u></p> <p><b>Task 8 (Page 25):</b> Create a spider diagram with as many activities you could do as a fun warm-up for seven-year-olds that involves raising heart rate and stretching.</p> <p><b>Task 9 (Page 25):</b> Watch a clip on the sport of Ultimate Frisbee: <a href="https://www.youtube.com/watch?v=5Gei3k15IIA">https://www.youtube.com/watch?v=5Gei3k15IIA</a></p> <p>Design an activity that would improve a players catching ability. Identify 3 coaching points that you would give to the players to improve their catching.</p> <p><b>Task 10 (Page 26):</b> At the end of a coaching session a cool-down is completed. Using your knowledge from Unit 1, draw and describe 3 activities that would gradually reduce an athlete's heart rate</p>