

# Level 3 OCR Sport and Physical Activity

## KS5 Transition Booklet



## Introduction to the course

Welcome to Year 12 Level 3 OCR Sport and Physical Activity. This course can lead into a more 'office based' role such as a Sport Development Officer or Community Sport Officer who is responsible for organising events, obtaining funding to run events, identifying target groups, supporting the recruitment of staff and volunteers to run events and activities and ensuring the sustainability of sport and physical activity. Or it can be in a more 'field-based' role such as a Senior Sports Coach or Senior Activity Leader responsible for delivering sport and physical activities, as well as co-ordinating the activities of other coaches and activity leaders and promoting the benefits of participation and leading a healthy lifestyle to schools, community groups and/or other target groups.

You will be taught by different teachers over the 2 years, each bringing their own style and expertise to the range of units.

### Your Course Outline

#### Year 12 Outline

<b>Unit</b>	<b>Title</b>	<b>Method of Assessment</b>
<b>1</b>	<b>Body Systems &amp; The Effects of Physical Activity</b>	<b>External Exam</b>
<b>3</b>	<b>Sports Organisation and Development</b>	<b>External Exam</b>
<b>18</b>	<b>Practical Skills in Sport &amp; Exercise</b>	<b>Internal Assessments</b>

#### Year 13 Outline

<b>Unit</b>	<b>Title</b>	<b>Method of Assessment</b>
<b>2</b>	<b>Sports Coaching &amp; Activity Leadership</b>	<b>Internal Assessments</b>
<b>8</b>	<b>Sport Organisation</b>	<b>Internal Assessments</b>



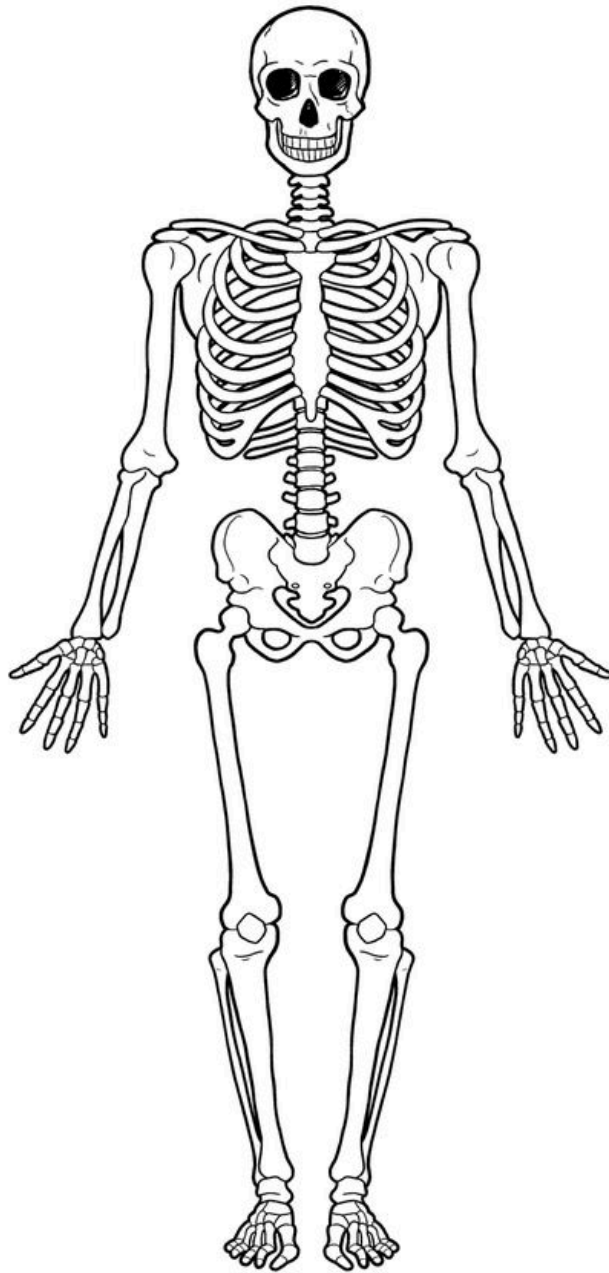
**Good readings you could read over the summer:**

<p><b>Performance Analysis:</b></p> <p>The Talent Code – Dan Coyle</p> <p>Bounce – Matthew Syed</p> <p>Range – David Epstein</p> <p>Peak – Anders Ericsson</p> <p>Outliers – Malcolm Gladwell</p>	<p><b>Coaching:</b></p> <p>Legacy – James Kerr</p> <p>Sevens Heaven – Ben Ryan</p> <p>More Power – Jurgen Grobler</p> <p>The Essential Vince Lombardi – Vince Lombardi Jnr</p> <p>In The Line of Fire – Warren Gatland</p> <p>The Score Takes Care of Itself – Bill Walsh</p>
<p><b>Drugs In Sport:</b></p> <p>The Line – Richard Freeman</p> <p>Racing Through The Dark – David Millar</p> <p>The Racer – David Millar</p> <p>From Lance to Landis – David Walsh</p> <p>The Program – David Walsh</p>	<p><b>Miscellaneous (Psychology, Culture, Leadership etc):</b></p> <p>Captain Class – Sam Walker</p> <p>The Chimp Paradox – Dr Steve Peters</p> <p>Why Should Anyone Be Led By You? – Goffee Jones</p> <p>Endure – Alex Hutchinson</p> <p>The Manager – Mike Carson</p> <p>Survival of the Fittest – Dr Mike Stroud</p> <p>Inside Team Sky – David Walsh</p> <p>More Fire (How to Run the Kenyan Way) – Toby Tanser</p> <p>Inspired – Sir Steve Redgrave</p> <p>A Life Without Limits – Chrissie Wellington</p> <p>Lions Triumphant (The Captains Story) -Sam Warburton</p> <p>Touching Distance – James Cracknell &amp; Beverley Turner</p>

**Please complete the following tasks for your summer work in preparation for the start of the course in year 12. Please bring this with you in September.**

**Anatomy and Physiology:**

- 1. Label the bones you of the skeleton, next to each bone write, if you know, if it is part of the axial skeleton or appendicular skeleton.**



### Task 2:

Odd one out. Circle the term that doesn't belong

Rectus femoris Semitendinosus Semimembranosus Gastrocnemius	Scapula Humerus Clavicle Coccyx	Flexion Extension Abduction Ligaments	Biceps femoris Vastus medialis Vastus intermedius Vastus lateralis
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Match up the definitions of agonist, antagonist and fixator to the term. Highlight the key words in the text.

Agonist	This term describes the muscle or muscles that relax in response to the active muscle. During elbow flexion where the biceps is the agonist, the triceps muscle is performing this function. While the agonist contracts causing the movement to occur, this typically relaxes so as not to impede the agonist.
Antagonist	The contracting muscle responsible for causing movement. As a result of this these muscles are known as the 'prime movers'. In the bicep curl which produces flexion at the elbow, the biceps muscle performs this function.
Fixator	In a movement this is the muscle(s) that stabilises the origin of the agonist and the joint that the origin spans (moves over) in order to help the agonist function most effectively.

### Task 3:

**Think about a sports coach you have seen/observed, know. It can be a role model coach, or a famous coach. For example Sarina Wiegman.**

**Complete the table about your chosen coach:**

Skill/ qualities shown	Definition of skill	Example



**Task 4: Design a warm up for a group of 10 students in year 2.**

**Task 5: Organising a sporting event .**

**Think about a sporting event you have been to or watched on the TV, for example Euros 2024, or the Olympics, or a sport day.**

**1. What made the event successful?**

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I look forward to starting this exciting new course with you and in September, if you have any questions over the summer holiday please email and ask.

Miss McParland