Summer bridging work for OCR Level 3 Cambridge Technical Extended Certificate in Sport & Physical Activity

***Unit 1:* Body systems and the effects of physical activity**

Here is a list of bones that form the skeletal system;
cranium, sternum, ribs, vertebral column, i.e. cervical vertebrae, thoracic vertebrae, lumbar vertebrae, sacrum, coccyx, scapula, clavicle, humerus, radius, ulna, carpals, metacarpals, phalanges, ilium, ischium, pubis, femur, patella, tibia, fibula, tarsals, talus, metatarsals.

Task 1: Find a blank diagram of a skeleton. Label the blank diagram with these bones. Learn where they are located using this quiz/test

https://www.purposegames.com/game/1009

Task 2: There are two parts of the skeleton; the Axial Skeleton and the Appendicular Skeleton. Now list the bones that make up the axial/appendicular skeletons.

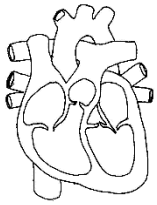
These are the functions of the skeleton; shape, support, protection, movement, blood cell production, mineral storage
Here is a list of types of bones; long, short, flat, irregular, sesamoid

Task 3: Write an explanation for each function of the skeleton.

Which is most important function in sport and why? Give sporting examples of when protection might be important. Which types of bone relate to each function? (Link the types of bones to each function).

Task 4; For every bone labelled skeleton on your diagram, identify which type of bone it is. You could list them under the headings (long, short, flat, irregular, sesamoid) or create a colour coded key for each type and shade them the corresponding colour.

Here is a list of the structures of the heart • atria • ventricles • bicuspid and tricuspid valves • pulmonary and aortic valves • aorta • venae cavae •pulmonary artery • pulmonary vein



Task 5: On a blank diagram of the heart like this, label the structures listed. Learn where they are located using this quiz/test.
https://www.purposegames.com/game/the-heart-quiz

Task 6: Write a paragraph that describes blood flow (the path the blood takes through the circulatory system) as it leaves the right ventricle.

Unit 2: Sports coaching and activity leadership

Here is a list of different roles required by people who deliver sport to children/adults:
Role model, motivator, planner, instructor, mentor, facilitator, demonstrator, adviser, supporter, fact finder, counsellor, organiser (there are many others also)

Task 1: Describe the main roles of:

- a coach https://www.topendsports.com/coaching/role.htm
- a sports/activity leader https://www.futureactive.co.uk/job-hunting-and-careers-advice/career-profiles/careers-in-activity-holidays-gen-sub/careers-in-activity-holidays-how-to-become-an-activity-leader-gen-sub#:~:text=Activity%20leaders%20are%20responsible%20for,role%20in%20a%20summer%20camp.
- a PE teacher https://careers-in-sport.co.uk/careers/pe-teacher-tony-macfadyen/#:~:text=A%20PE%20teacher%20is%20responsible,their%20social%20and%20physical%20skills.

You can use the hyperlinks to help if you're unsure what they do.

Task 2: What are the main similarities and differences between a coach, a sports/activity leader and a PE teacher?

Task 3: Watch the following clip from the film Coach Carter
https://www.youtube.com/watch?v=Z_GtQfDwKjY

Here is a list of different roles required by people who deliver sport to children/adults:
Sets agreed ground rules, fair, consistent, ethical, duty of care, safeguard, assess risk, promote health and wellbeing, codes of conduct, importance of being a role model, rules and regulations of the sport or activity

What responsibilities do you think Coach Carter demonstrated in the scene? Why were these needed for this situation?

Task 4: Think about yourself as a coach/activity leader (you may have done some coaching before in a PE lesson or done something similar during work experience).

In your opinion, what are the 3 most important responsibilities that you must demonstrate and why?