

# Sport and Physical Activity

Transition Booklet  
Year 11 to Year 12

## Welcome and Introduction

Welcome to the Cambridge Technical Sports course, the PE department and I hope that you will enjoy the study of Sport over the next two years in an area that offers lots of opportunities to develop skills and knowledge that will provide you with a compass for life.

The expectation is that you will complete the tasks set in this booklet prior to your first lesson so that you are able to make a great start to the academic year.

If you have any questions or queries regarding the course please do not hesitate to contact me on: [cpage@cwcscoventry.co.uk](mailto:cpage@cwcscoventry.co.uk)

Best Wishes

*Mr Page*

## Cambridge Technicals Level 3

The Cambridge Technicals Sport and Physical Activity provide you with practical opportunities to be able to develop core skills that will allow you to progress onto University, apprenticeships or employment. The pathways that you will study will further enhance your ability to deliver sport and physical activity to a wide range of participants.

## Course Overview

**Over the two years you will study a variety of units including:**

Unit 1 - Body systems and effects of Physical Activity  
Unit 2 - Sports Coaching and activity leadership  
Unit 3 - Sports Organisation and Development  
Unit 8 - Organising Sports Events  
Unit 17 - Sports Injuries and Rehabilitation

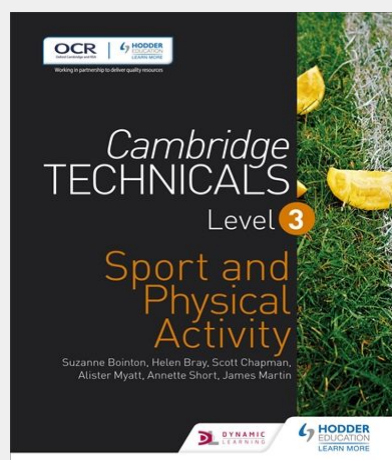
The method of study will vary depending on the subject that you are studying at the time. Two of the units are an external examination whilst the remaining units are internally assessed coursework that is completed in lessons and at home in your own time.

## Resources and Textbooks

In September, please ensure that you have the following for your first lesson:

- Chromebook (You will use this for research, note taking and producing coursework)
- A lever arch folder
- Dividers
- Plastic wallets
- A4 lined paper
- Pens, pencils, rulers and highlighters

It is strongly recommended that you purchase the following book as this will be an invaluable resource for you to complete your coursework and revise for exams over the two year course:



**Author:**

Suzanne Bointon, Helen Bray, Scott Chapman, James Martin, Alister Myatt, Annette Short

**ISBN:**

9781471874857

**Publisher:**

Hodder Education

**Date:**

October 2016

# Task 1 - The Skeletal System

Learning Outcome 1 - Understand the skeletal system in relation to physical activity

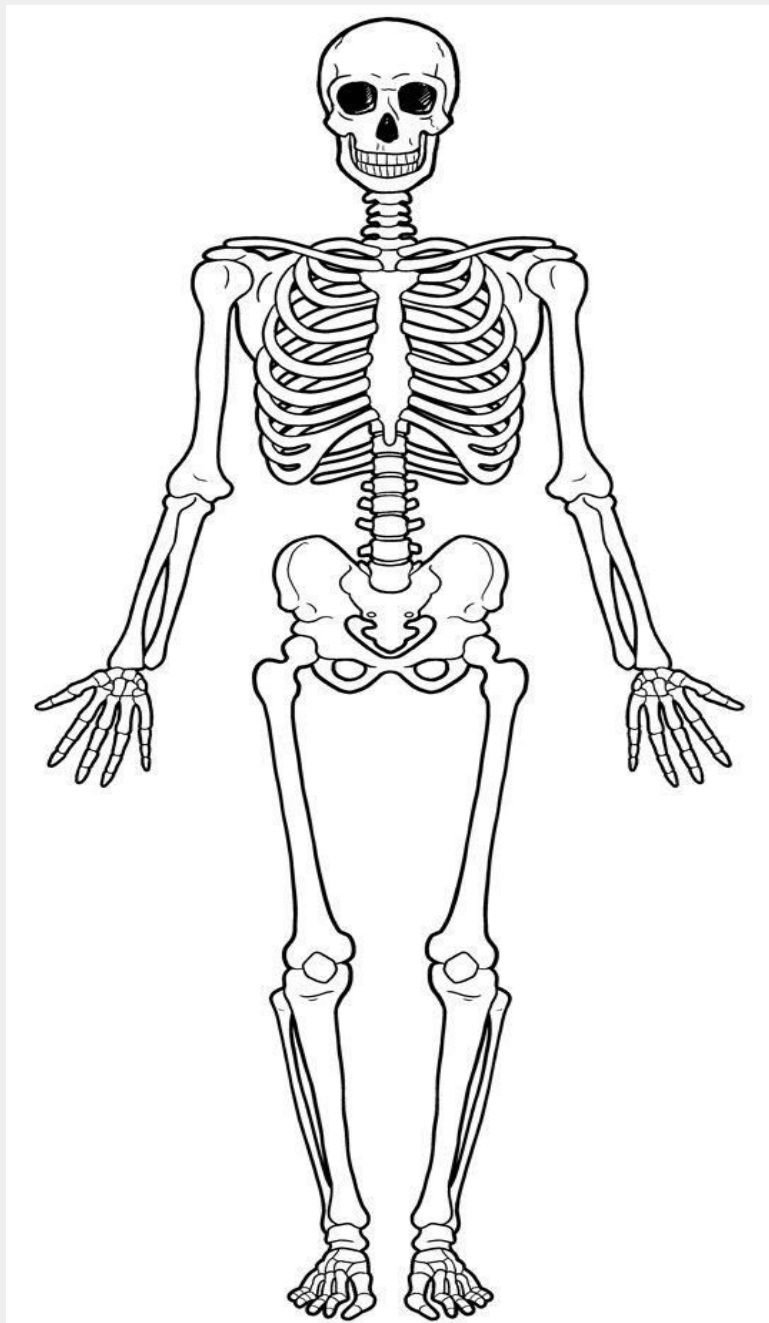
**Title: Identification of the axial and appendicular skeletons**

(i) Label the diagram below with all the major bones in the skeleton. Use the following resource to help you

[http://www.bbc.co.uk/science/humanbody/body/factfiles/skeleton\\_anatomy.shtml](http://www.bbc.co.uk/science/humanbody/body/factfiles/skeleton_anatomy.shtml)

(ii) Use two different colours to highlight the axial and appendicular skeleton. The following video will help you complete this task.

<https://www.youtube.com/watch?v=DLxYDoN634c>



# Task 2 - The Skeletal System

Learning Outcome 1 - Understand the skeletal system in relation to physical activity

Title: Types of bone and their function

(i) Review the following website:

<https://www.visiblebody.com/learn/skeleton/types-of-bones>

(ii) Complete the table below:

Type of Bone/Classification	Functions of bone	Examples of bones and location

# Task 3 - The Skeletal System

Learning Outcome 1 - Understand the skeletal system in relation to physical activity

Title: Joints and movement

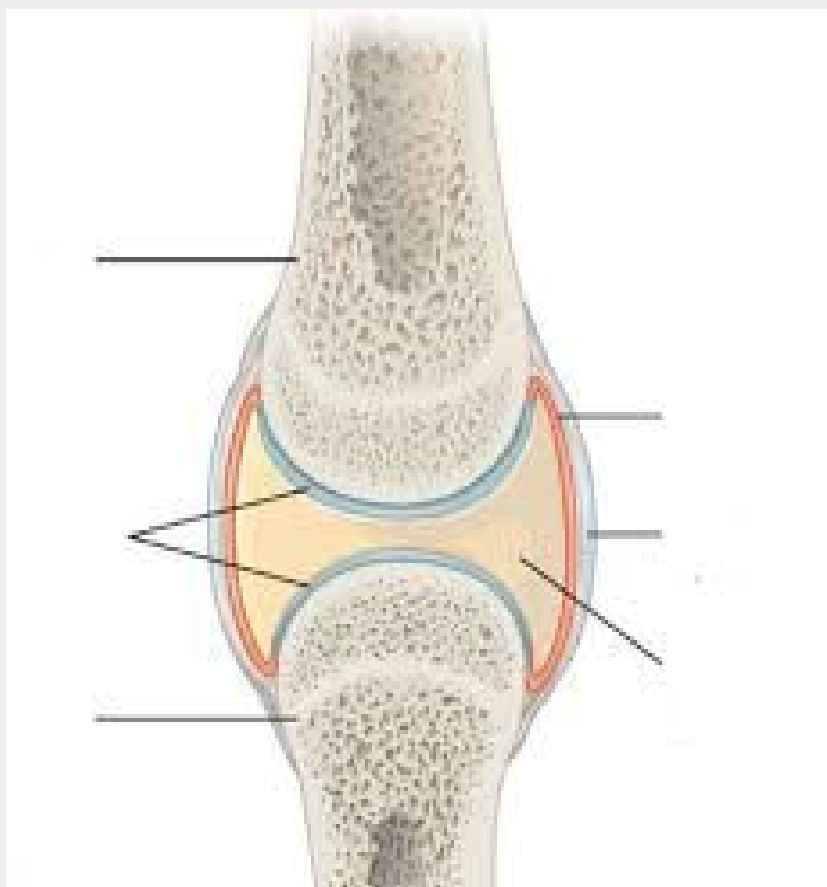
(i) Review GCSE pod 'how do synovial joints produce movement?', the following video will also help <https://www.youtube.com/watch?v=DLxYDoN634c> and complete the following table and classify each type of joint that exists in the human body.

Classification of Joint	Example of this type of Joint

(ii) Now complete the table below for synovial joints.

Type of synovial joint	Example and location

(iii) Label the synovial joint below:



# Task 4 - The Skeletal System

Learning Outcome 1 - Understand the skeletal system in relation to physical activity

Title: Effects of physical activity on the skeletal system

(i) Review the following websites and make notes:

<https://www.livestrong.com/article/131711-what-are-effects-exercise-skeletal-system/>

(ii) Read the following statements and complete the table below by inserting the statement into the box.

Increased range of movement at joints

Increase in synovial fluid

Less likely to be injured

Increased bone density

Bones become bigger

Bones are quicker to heal after injury

More calcium in the bone

Increased mineral content

Increased osteoblast activity

Ligaments get warmer and are more stretchy

Bones weigh more

Reduced chance of osteoporosis

Stronger ligaments

Increased thickness of hyaline cartilage

Bones become more supple.

Long-term effects of exercise/training	Short-term effects of exercise/training
Both long-term and short-term effects of exercise/training	False statements



(iii) Complete the quiz on the following website to consolidate your knowledge on the effects of exercise on the skeletal system:

<https://quizlet.com/36967058/flashcards>