

OCR Cambridge Technical Sport Level 3

Mandatory units you will be completing.

Unit 1 Body Systems and the Effects of Physical Activity

Unit 2 Sports Coaching and Activity Leadership

Unit 3 Sports Organisation and Development

[Link to OCR website.](#)

Unit 1; Body Systems and the effect of physical activity

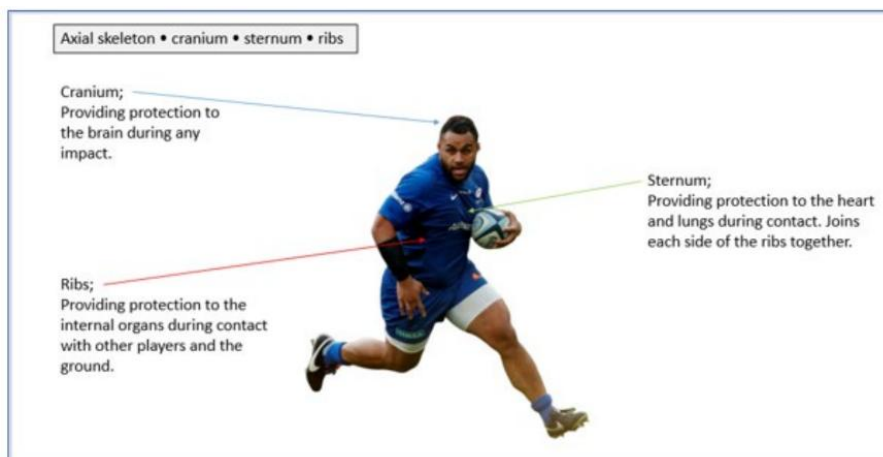
[Unit 1 PDF](#)

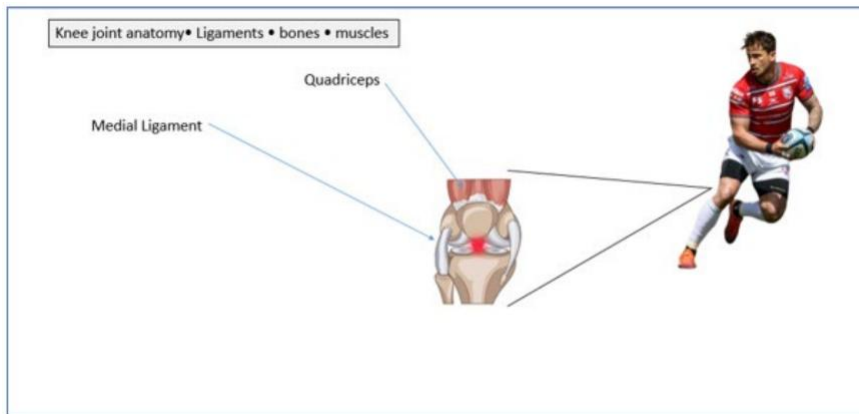
Task

Use the PDF linked above to highlight the key muscles, bones, joints and movements you need to know.

As the world cup has just happened you may find some stills of players from there. Please also look to find images of sports players from earlier in the year and other sports.

1. Create a PowerPoint presentation. Make sure you name it with the Course, Unit and task information.
2. Place a clear image of a sports performer in the centre of 1 slide. Do this for around 5-10 slides, each with a different performer. Make sure the image is clear and has 1 player as the main focus of the shot (see example!).
3. On each slide label your performer. The unit content has a LONG list of Bones, Muscles, Functions, Joints, Joint Classifications etc. Make sure you identify each Muscle/Bone/Joint etc. Keep all of the bones on 1 or 2 slides, don't mix in any muscles.
4. Add in an explanation where appropriate of what each 'thing' is doing/does/allows.





Unit 2; Sports Coaching & Leadership

[Unit 2 PDF](#)

Task

Produce your own work out video.

The [BodyCoach](#) TV has loads of examples you could use to help you.

It must include a suitable warm up, a circuit of fitness stations and a brief cool down.

A video of anywhere between 10 and 30 minutes would be suitable! 30 mins is a long time so set your sights at a manageable length.

Plan it out first and possibly complete a storyboard first.

There are loads of free online video editors you can use to stitch together a number of clips.

clipchamp.com

Save your video to your computer and be ready to bring it into school when we return or if you are super proud of it email it to the PE staff.

Unit 3; Sports Organisation & Development

[Unit 3 PDF](#)

Task

Write a sports development proposal to improve a sport in your area.

Use the Unit 3 PDF to help your initial research. Look into current initiatives.

What are the main aims of sports governing bodies?

- Choose a sport which has very little coverage in your area.
- Decide how you could increase the participation rates of this sport in your area. Could you request funding for new equipment or a dedicated space to train/play? Think about the Netball courts at the 'back field' as an example.
- Come up with 3 or 4 benefits of additional people taking part in this activity in your area.
- Think about how the costs could be covered for introducing your activity. Subscriptions to a club, sponsorship, training payments.

Write a proposal to the local council outlining all of your plans and the impact they will make to different groups of people in your local area.