

Cambridge Technicals Level 3 Extended Certificate in Sport & Physical Activity

It is essential that you complete the tasks within this transition document and present them to your class teacher in your first lesson at the start of the new academic year. These tasks will support your understanding of key concepts that you will be tested on in the induction assessments, taken within the first 3 weeks, that ultimately decide if you are suitable to continue on this course.



Units/Topics	Supporting Links	Reading
Unit 1: Body systems and the effects of physical activity	Unit Specification: L3 Cambridge Technical in Sport Unit 1 Body systems and the effects of physical activity Skeletal system slides: Search for Free Teaching Resources Page 1 of 5 Oak National Academy	Textbook: PE and Sport Workbooks and Resources Hachette Learning
TASK 1: a) Match all of the bones in the list to the labels provided on the skeleton. b) Identify the 4 Axial bones in the skeleton and find the name given to all other bones in the skeleton.	TASK 2: a) Name the 5 types of bone and give examples within the body. b) Explain what the 6 functions of the skeletal system are and how the type of bone relates to its function.	TASK 3: a) Discuss the short & long term effects of exercise on the skeletal system, giving at least 2 positive effects for each timeframe.

Know your why – Why Sport?

[The Best Careers in Sports](#)

Please download the workbook resource to complete these tasks. This is what you should hand in to your subject teacher in your first lesson in September

Further Research 	Short term effects of exercise on the body systems - Long and short term effects of exercise - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize – Unit 1 Methods of Practice - Types of Practice – Unit 2 https://www.uksport.gov.uk/our-work/investing-in-sport/how-uk-sport-funding-works - Unit 3	Further Listening 	Are athletes really getting faster, better, stronger? David Epstein Secrets of elite athletes Kenn Dickinson TEDxSnoIsleLibraries - YouTube Sport psychology - inside the mind of champion athletes: Martin Hagger at TEDxPerth	Further Watching 	Sport Gives Back Awards: Sport & Me – ITVX – Unit 1 & 19 Andy Murray: Will to Win - BBC iPlayer – Unit 1 & 19 Unit 1 & 19 Arousal Control and Anxiety in Sports Psychology – Unit 19
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