

# WELCOME

Welcome to our KS5 course – **Cambridge Technical Sport Level 3 Sport & Physical Activity**. This course compliments the OCR Sports Science at KS4.

I am sure you will enjoy the diversity of the course which is assessed through two external written examinations and three coursework elements.

We have selected units to build on the work you may have already been doing in Key Stage 4.

We cover Anatomy & Physiology, Sports Leadership & coaching, Organising and running a sports event and both individual and team sports which you will take part in the practical form.

With some classroom based lessons & some practically based lessons we believe the course offers a broad base for you to make good progress.

Some of the skills we are teaching you, will help with developing your own knowledge and understanding of the human body, develop as a teacher or coach and progress in your sporting interests.

**CTECH Sport Level 3**

**CAMBRIDGE TECHNICALS**

**LEVEL 3**

**SPORT & PHYSICAL ACTIVITY**



# Cambridge Technical Level 3 Sport & Physical Activity



LEVEL 3: EXTENDED CERTIFICATE.

## UNITS DELIVERED IN THIS QUALIFICATION:

**UNIT 1:** Exam Unit: Body Systems & Effects of Physical Activity

**UNIT 2:** Coursework Unit: Sports Coaching and Activity Leadership

**UNIT 3:** Exam Unit: Sport Organisations & Development

**UNIT 8:** Coursework Unit: Organisation of Sports Events

**UNIT 18:** Coursework: Practical Skills in Sport and Physical Activities.



# ASSESSMENT

You are assessed on each Learning Objective covered in each Unit – very similar to the Sports Science Course.

Two of your Units (Unit 1 & 3) are externally assessed. Unit 1 is marked out of 70, Unit 3 is marked out of 60.

You are graded as Distinction\*, Distinction, Merit, Pass, Ungraded – again the same grading as Sports Science so you will be familiar with this method.

The coursework units vary in the amount of learning objectives covered but all are delivered to distinction\* standard.

# UNIT 1

LO1: Understand the skeletal system in relation to exercise and physical activity

LO2: Understand the muscular system in relation to exercise and physical activity

LO3: Understand the cardiovascular system in relation to exercise and physical activity

LO4: Understand the respiratory system in relation to exercise and physical activity

LO5: Understand the different energy systems in relation to exercise and physical activity

Sports Science link to RO43

**Weighting of each LO:**

LO1	15-25%
LO2	15-25%
LO3	15-25%
LO4	15-25%
LO5	5-15%



# UNIT 2

## Coursework Unit: Sports Coaching and Activity Leadership

LO1: Know the roles and responsibilities of Sports Coaches and Activity Leaders

LO2: Understand Principles with Underpin coaching and leading

LO3: Be able to use methods to improve skills, techniques and tactics in Sport

LO4: Be able to plan sports and activity sessions

LO5: Be able to prepare sports and activity environments

LO6: Be able to deliver sports activity sessions

LO7: Be able to review sports and activity sessions

Link to Sports Leaders Level 2 award

# UNIT 3

## Exam Unit: Sport Organisations & Development

LO1: Understand how Sport in the UK is organised

LO2: Understand Sports Development

LO3: Understand how the impact of sports development can be measured

LO4: Understand sports development in practice

Helps to develop K&U of Sport on a wider scale and how it is set up, funded and supported.

# UNIT 8

## Coursework Unit: Organisation of Sports Events

LO1: Know different types of sports events and their purpose

LO2: Know the different roles and responsibilities involved in the planning and delivery of sports events.

LO3: Be able to plan and promote a Sports event.

LO4: Be able to participate in the delivery of a sports event

LO5: Be able to review the planning and delivery of a sports event

Links to Sports Leaders Level 2 Award



# UNIT 18

## Practical Skills in sport & physical activities

LO1: Be able to apply skills, techniques and tactics in an individual sport

LO2: Be able to apply skills, techniques and tactics in a team sport

LO3: Be able to apply skills and knowledge in outdoor and adventurous activity

LO4: Be able to officiate in sport and physical activity

Links to own practical performance in sport & exercise.

Links to Sports Science RO46 as you will use technology within this unit.

# Year 12

In Year 12 we cover both examination units (1&3).

You would normally sit Unit 3 exam in January 2021 and Unit 3 in the Summer 2021.

You also complete your first coursework Unit – Unit 8.

You do have an option to re-sit the examination components if you do not manage to reach your target grade, however there will be less pressure on you if you work hard first time round so that you can focus solely on your coursework.

# Year 13

If you managed to gain your target grades in Unit 1 and Unit 3 exams, you will focus solely on Unit 2 and Unit 18 in Year 13.

If you do re-sit exams, time is built into lessons for past paper practice but majority of the additional revision will happen in your independent study times.

You must ensure you use your independent study time at school well to take the pressure off during lesson times. Homework is set and deadlines need to be met in order to keep up to speed with all your work.

Coursework

# LESSON STRUCTURES

You will have 4 hours a week with a teacher where you will engage in a variety of learning. Such learning methods include exploration, individual/ peer/ group work, practical work, examination practice and development, presentations, team teaching and independent study.

You will have additional time during the week for independent study which will be logged to ensure time is spent wisely.

There is a requirement for some after school time when covering the practical and leadership components of the course.

You will have the opportunity to work with our cluster Primary schools when working through the leadership units.

Your work is assessed regularly so you have the opportunity to reach the highest grades possible.

Your teachers are likely to be (although not yet confirmed)

T Cotter & T Inchley – both teachers currently teaching the course



# Getting ready

You will be given a different exercise book to record all lessons and information for each Unit we cover. If you prefer to use files, you certainly can but ensure all work is in these files for both lessons you have as there is some content cross over at times.

You will type up your coursework and ensure this is saved on the google drive. You will need to share this work with your teacher so ensure it is labelled correctly using an accurate unit code (given by your teachers).

Your final copies of coursework will be printed to send for moderation. You must ensure you save all work on google drive throughout the course because there is a possibility of returning to elements of a unit, to support other units.

You are very welcome to view some examples of the level of coursework produced on the course and styles of questions for the examination units. Your teacher will guide you through this and either physically show you examples, or add information to google drive area for you to view. You are updated on this throughout the course.



# Getting ready

You will begin the Year studying Units 1 and 3 – both examination units.

UNIT 1: Body Systems & Effects of Physical Activity

UNIT 3: Sport Organisations & Development

It is worth you reading around these topics before hand especially Unit 3 as this was not covered at KS4.

You can visit the OCR website for information on all units covered:

<https://www.ocr.org.uk/qualifications/cambridge-technical/sport-and-physical-activity/#level-3>

(Suite 2016 Sport and Physical Activity course – EXTENDED CERTIFICATE)

This will give you all the information you need to do some preparation work ready for September

# Getting Ready

We also use the text book below to support learning (you may wish to buy your own).

**ISBN:** 978-1-471-87485-7

Hodder Education

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