

Cambridge Technical Sport & Physical Activity

Please complete one line from the task box below. All students must complete the middle box.

Create a poster that illustrates the signs and symptoms of common chronic and acute sports injuries.	Create a leaflet identifying the structure and function of the Skeletal system and the effects of exercise on the system.	Create a poster that illustrates an overview of the current structure of sport in the UK.
Create a leaflet identifying the structure and function of the Muscular system and the effects of exercise on the system.	Write a 500 word report answering the question What is the Purpose of PE, School Sport & Physical Activity?	Create a leaflet identifying the structure and function of the Respiratory system and the effects of exercise on the system.
In a format of your choice describe the 6 different types of sports event and their purpose, using examples.	Create a leaflet identifying the structure and function of the Cardiovascular system and the effects of exercise on the system.	In a format of your choice describe the roles and responsibilities of sports coaches and how these can support a healthy, active lifestyle.

Useful resources/websites

- <https://www.ocr.org.uk/qualifications/cambridge-technicals/sport-and-physical-activity/#level-3>
- <https://damianedwardspe.dudaone.com/a-level-pe---applied-physiology6b9cba6a>
- <https://www.gov.uk/government/organisations/departments-for-digital-culture-media-sport>
- https://www.youtube.com/live/SANoHXDZfgc?si=gFqxK6q_LchRvQMz
- <https://thelearnerlab.com/materials/>

Suggested books/reading list

- Beashal, P et al (1996), Advanced Studies in Physical Education & Sport, Nelson Thomas
- Bointon, S et al, Cambridge Technicals Level 3 - Sport & Physical Activity
- Hylton, K (2013) Sports Development, Routledge