

Transition Pack  
Cambridge Technical  
Sport and Physical  
Activity Level 3

Summer 2024

**Sport and Physical Activity Level 3**

Cambridge Technicals are vocational qualifications designed for students aged 16+.

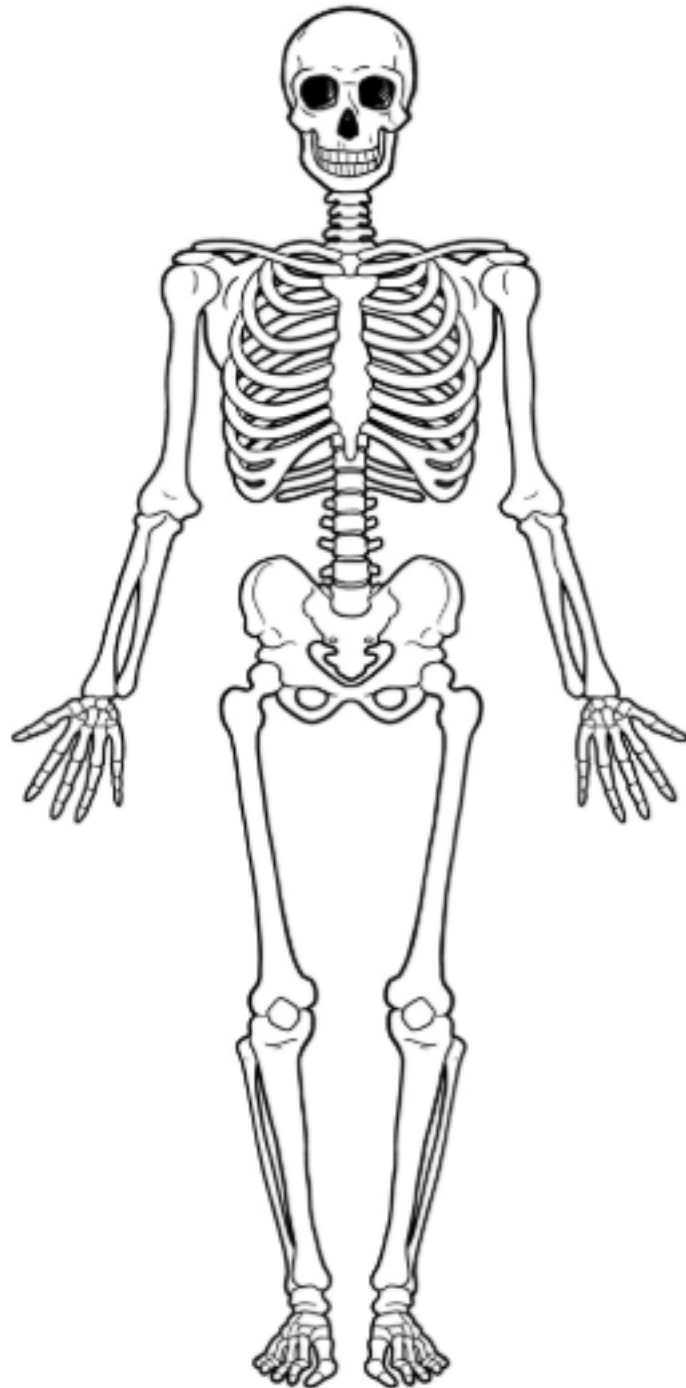
The qualification comprises of a range of units both internally and externally assessed. The overall grade achieved depends on the result you get in the units when combined together.



A word cloud of blue text related to sports and physical education. The words are arranged in a grid-like pattern, with some words appearing in larger fonts than others. The words include: PRACTICAL, TECHNICAL, FITNESS, HEALTHY, SKILLS, LIFESTYLE, LEADERSHIP, ACTIVITY, COMPETITION, MOTIVATION, COACHING, and COLLABORATION.

**PRACTICAL**  
**TECHNICAL**  
**FITNESS**  
**HEALTHY**  
**SKILLS**  
**LIFESTYLE**  
**LEADERSHIP**  
**ACTIVITY**  
**COMPETITION**  
**MOTIVATION**  
**COACHING**  
**COLLABORATION**

Unit 1 - Body Systems and the effects on physical activity



**Task 1** : Colour in the skeleton image in 2 different colours showing the Axial and Apendicular Skeleton (see below for help)

**Task 2** : Label each of the bones listed below on the diagram

**Axial skeleton:**

cranium,

sternum,

ribs,

vertebral column, i.e.(cervical vertebrae, thoracic vertebrae, lumbar vertebrae, sacrum, coccyx)

**Appendicular skeleton**

scapula,

clavicle,

humerus,

radius

ulna

carpals

metacarpals

phalanges

ilium

ischium

pubis

femur

patella

tibia

fibula

tarsals

talus

metatarsals

**Task 3: find 3 examples of bones for each of the different types (some are harder to find the examples than others):**

<u>Type of Bone</u>	<u>Examples</u>
Long	
Short	
Flat	
Irregular	
Sesamoid	

## Unit 2 -Sports Coaching and Activity Leadership



### Task 1

You need to pick 6 of the 12 Roles identified above.

You need to give a definition on what that role entails, ie what does it mean.

You then need to give an example of a coach that is particularly good at the "role" identified, including a picture of him/her



## Task 2

You need to pick 6 of the 12 Responsibilities identified above.

You need to give a definition on what that responsibility entails, ie what does it mean.

You then need to give an example of a coach that is particularly good at the "responsibility" identified, including a picture of him/her.