

Yr 12 OCR Technical Sport Transition work

Organisation

1. On Frog in PE under KS5 locate, save a copy and print off the Yr 12 Course overview for OCR Technical Extended Certificate (single) or Diploma (Double).
2. On Frog in PE under KS5 locate, save and print the PLC's for each unit that you will be studying.
Single – Units 1, 2, 3, 17 and 18.
Double – Units 1, 2, 3, 4, 5, 8, 11, 13, 17, 18 and 19.
3. Place each of these in a plastic wallet into a separate folder or alternatively use a ring binder file and separate each unit with files dividers.

Research

4. Unit 1 – Body systems

- Print off a blank picture of the skeleton and label the main bones (20)
- Print off a blank picture of the human body and label the main muscles (30)
- Research 5 different types of bones (locations, functions and examples)
- Research the types of movements found at each joint
- Research long and short term effects of exercise on the skeletal system

5. Unit 4 – Risk assessment

- The five steps to risk assessment (e.g. identify hazard, identify those at risk, evaluate risk and decide on control measures, record findings and implement them, review and update assessment)
- Choose 2 areas from the list below and write about possible risks in them
- sports hall
- gym/fitness suite
- swimming pool
- changing rooms
- playing fields
- communal areas (e.g. café, reception)
- leisure Centre/multi-sport facilities
- Lastly give bullet point suggestions on how can risks be minimized? E.g players wearing the correct clothing

6. Unit 11 - Physical Activity for Specific Groups

- Make a spider diagram of different types of groups that take part in sport (There are so many, two examples: Males and Females)
- From this, try to identify which groups are less likely to take part in sport (highlight these ones)
- Then for each of the highlighted ones, think about and research what things stop them from taking part in sport and why (There will be a number of factors for each group)
- After this, then research the benefits of sport on individuals
- Split these into 3 categories (Physiological, Psychological, Sociological)

- Finally, create a leaflet or poster that encourages people to take part in physical activity. Need to include the benefits of exercise, what type of exercise could be done (needs to be a range for different groups of people) and anything else you feel is important to include

7. Unit 17 – Injury in Sport

- Pick one of the following injury's:
 1. Torn knee ligament
 2. Broken arm
 3. Stress fracture in the spine
- Provide a sporting scenario explaining how the injury may have occurred (50 words)
- Give examples of some of the signs and symptoms associated with your injury (50 words)
- Explain ways in which the injured athlete could treat the injury in the initial 48 hrs (100 words) research the term PRICE to help you
- Explain things that the athlete could have done to reduce the risk of this injury occurring (100 words) Research elements such as protective equipment, correct technique, correct equipment, physical preparation (warm up, hydration, sleep, adequate ability level)
- Find 4 activities that the athlete could perform to help rehabilitate the injured area, include diagrams and an explanation of the activities (100 words)

8. Unit 18 – Practical Sport

- Research the rules and regulations for your chosen sport, this can be a team or an individual sport.
- Research the roles and responsibilities of the umpire/ official for this chosen sport.

9. Unit 19 – Psychology in Sport

- TASK 1 : Define the terms below and gain a basic understanding of what they mean and how they apply to sport
- Motivation – intrinsic & extrinsic
- Goal setting – short, medium & Long-term
- Attribution theory
- Stress, anxiety & arousal
- 4 stages of group development (forming, storming, norming & performing)
- Team cohesion – task & social cohesion
- TASK 2: Write a 300-500-word introduction into how you feel sports psychology can impact (both positively and negatively) our sporting performance.