

Wyke Sixth Form College

YEAR 11 SUMMER WORK

Level 3 Cambridge Technical (CTEC)

Extended Certificate in Sport and Physical Activity



Name

.....

Introduction Page

Welcome to your Wyke summer work. Everything in this booklet must be completed over the summer to hand back in at enrolment week, which is week commencing 30/08/22. This summer work is important to see where you are at as a new student and where you may need support. This booklet gives you an insight into the first 2 units you will study at Wyke Sixth Form College in September. You should use your prior knowledge & any resources available to you to help you complete this booklet to the best of your ability.

This includes: Unit 1: Body Systems and Unit 2: Sports Coaching

Information on the course

The Extended Certificate is an Applied General qualification and takes 360 guided learning hours to deliver which means it is **equivalent to one A Levels**. Taking the Extended Certificate will provide you with the opportunity, through applied learning, to develop the core specialist knowledge, skills and understanding required within the sport and physical activity sector in addition to **aiding progression onto higher education** on a sport-related programme such as Sport and Physical Education, Sport Science, Sport Coaching and Development or Sport and Leisure Management.

Over the 2 year course you will be studying a total of 5 **different units**' detail of which can be seen in the table below

Year 1	Year 2
Unit 1 Body Systems Unit 2 Sports Coaching	Unit 3 Sport Organisation Unit 18 Practical Skills Unit 20 Sociology

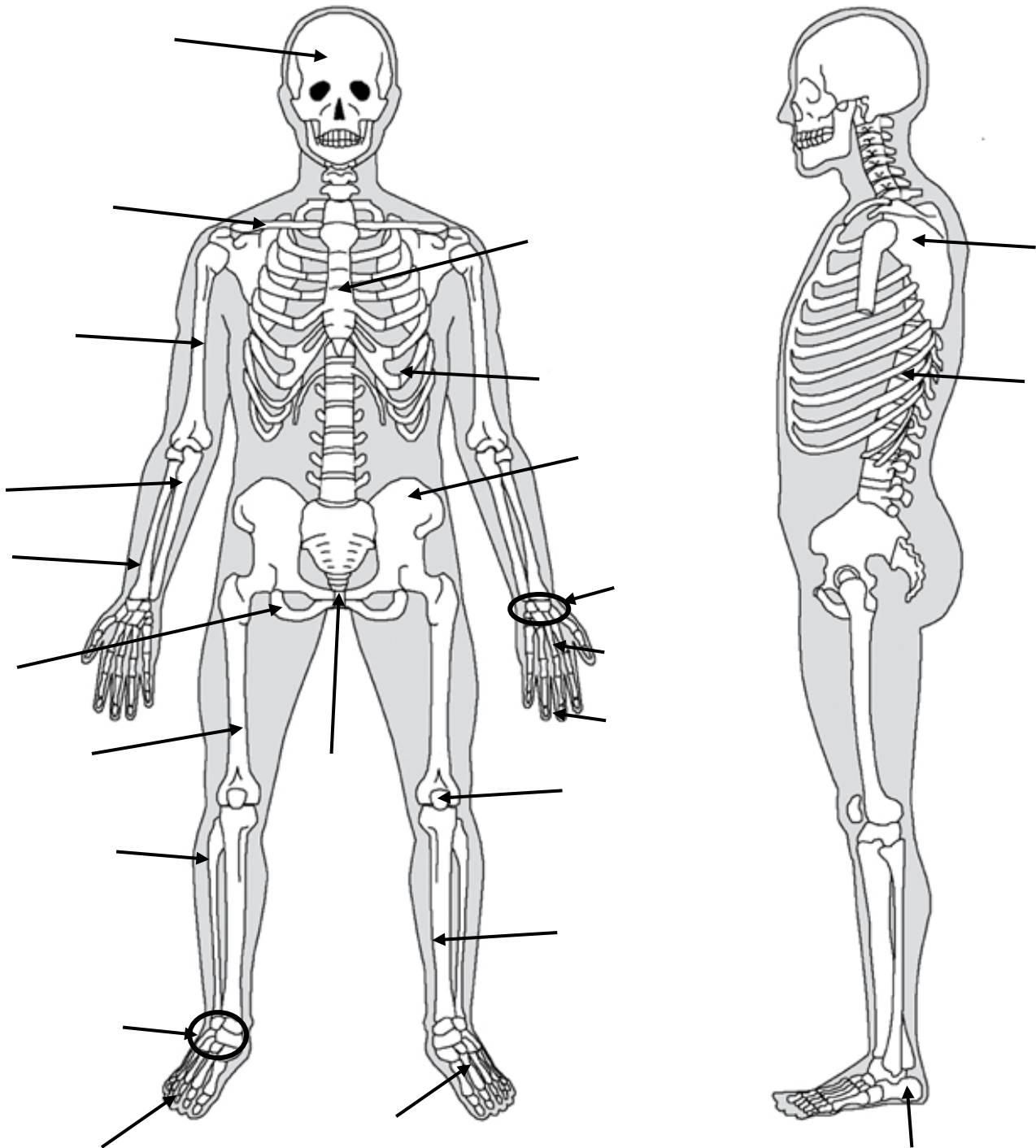
General information

- The 2-year course includes two external exam based assessments (highlighted above)
 - ✓ **2 resits are permitted but at a cost to the student**
- 12 Internal assessments (assignment/ coursework based)
- Grades are awarded per unit and then an overall qualification grade will be calculated at the end of the two years
- This qualification provides progression onto university / degree apprenticeships / apprenticeship or employment

Unit 1: Body Systems

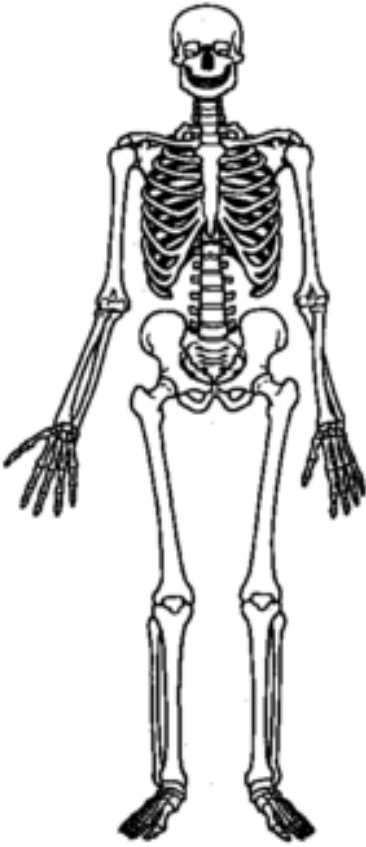
The structure of the skeletal system

Label the skeleton



A large, empty rounded rectangular box provided for labeling the skeleton.

The Axial and Appendicular Skeleton



Axial	
Bones	
Function	
Appendicular	
Bones	
Function	

The functions of the skeleton

Identify and describe the functions of the skeleton

1

.....
.....
.....
.....

2

.....
.....
.....
.....

3

.....
.....
.....
.....

4

.....
.....
.....
.....

5

.....
.....
.....
.....

6

.....
.....
.....
.....

Types of bones

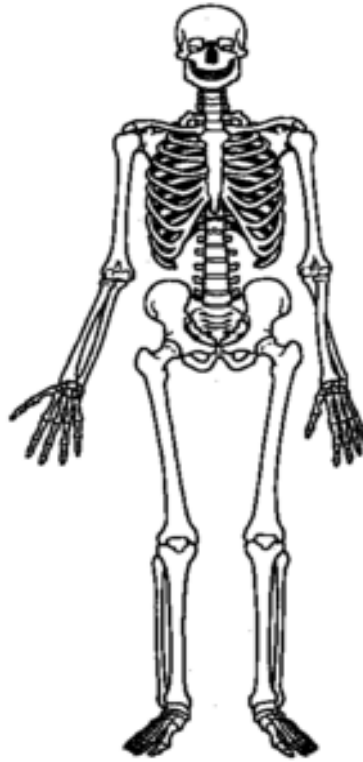
Name the type of bones, their function and how the bone carries on their function...

Name	Function	How this type of bone carries on their function

Useful links <http://learn.visiblebody.com/skeleton/types-of-bones>

Types of synovial joints

Circle the following joints knee, shoulder, hip, elbow, wrist, ankle, neck, thumb, tarsals/carpals



Joint	Bones	Type
Knee		
Shoulder		
Hip		
Elbow		
Wrist		
Ankle		
Neck		
Thumb		
Tarsals/Carpals		

Structure and functions and synovial joints

Name	Function	Movement potential	Places in the body

The impact of physical activity, training, and lifestyle on the skeletal system

Short Term	
Long Term	

Unit 2: Sports Coaching

Roles & Responsibilities of coaches/ activity leaders

Assignment 1 Learning Criteria

Roles and responsibilities of sports coaches and activity leaders

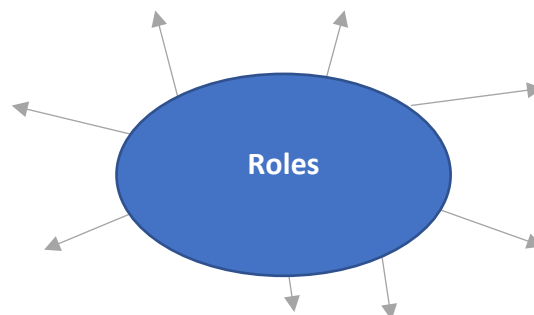
Describe the roles and responsibilities of sports coaches and activity leaders

List as many good leaders as possible

(Why that person is a good leader?/ what makes them a good leader?)

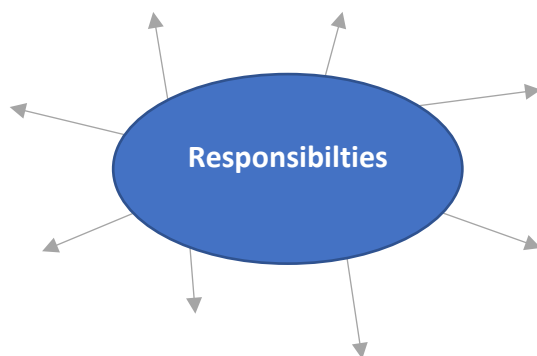
What is a role?

What roles might a coach/ leader of an activity have?



What is a responsibility?

What responsibilities might a coach/ leader of an activity have?



SUCCESSFUL COACHES/ LEADERS EXAMPLES

Select 2 people who you believe are successful coaches or leaders

Which of the roles or responsibilities each person demonstrates and examples of when....

How the roles and responsibilities involved in teaching and delivering sport differ...

What are the roles and responsibilities of a...

Sports coach? (someone who coaches a specific sport e.g. Saturday league football coach)

Sports activity leader? (someone who runs varied activity sessions such as fun sport summer clubs for children)

PE teacher? (a teacher who works in a secondary school or college teaching the curriculum)

Compare (similarities and differences) the different roles and responsibilities of those involved in teaching and delivering sport

