A Level Bridging Work 2020-2021

*CTEC Sport and Physical Activity*

Submit your Leadership Profile to your teacher in September

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| The tasks below are designed to support you as you prepare to start your *Cambridge Technical Level 3 Extended Certification in Sport and Physical Activity*.These tasks have been developed to build on your GCSE knowledge and help with the transition into sixth form, using your time wisely over the coming months to ensure you maintain a level of education that will be needed to be successful in your subject when you enroll into the sixth form in August/September. |
| **Activity 1**: Sports Leader ProfileThink about someone who is an effective sports leader or who has successfully coached you in sport or physical activity. **Write a profile** about the individual, explaining:1. Who they are/were
2. What their accomplishments are/were,
3. Why they are/were effective,
4. What their responsibilities are/were as a leader and/or coach,
5. What are/were they like with regards to the following attributes, including examples?
	* communication skills
	* able to establish and maintain relationships
	* knowledge of the activity
	* organisational skills
	* empathy
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| **Activity 2:** Profile your own sports leadership skills**Create** a sports leader profile about YOU. * What leadership skills have you developed in your sporting career?
* What skills have you developed from other opportunities, e.g. Duke of Edinburgh, hobbies or school?
* What sports do you know most about?
* What training have you taken part in?
* What are your FUTURE goals in sports?
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| **Activity 2**: Joints Crash CourseIn Unit 1 Anatomy and Physiology, you will develop your knowledge of key body systems, how these systems support sporting performance, and how sporting activity impacts these systems. In this activity, you will review your knowledge of joints: 1. **Meet Hank** (<https://www.youtube.com/watch?v=DLxYDoN634c> or search YouTube for “Joints: Crash Course A&P #20”). Hank is going to give you a crash course on joints. All of Hanks’ ‘top’ jokes and dance moves actually teach you a lesson or two…
2. **Create** a mind map/revision tool identifying the following from Hank’s video. Include images and diagrams to illustrate your notes.
* What is a joint?
* Types of joints (there are 6 to remember)
* Where in the body are these joints located? *There may be several locations.*
* Facts about these joints.
* What is the difference between the axial and appendicular skeleton?

**Challenge A**: Compare the role of joints in three sports and/or physical activities, e.g. tennis compared to football compared to swimming. **Challenge B**: Identify and explain the causes and impact of joint injuries or damage in sports, and how joint damage can be reduced, prevented, treated, etc.  |
| **Activity 3:** Analyse and evaluate the physical basis of sporting performance1. **Choose** a team sport (e.g. hockey) **and** an individual sport (e.g. trampolining).
2. **Apply** and **evaluate** the following theoretical concepts:
* The muscle fibres which are used in your sporting examples
* The bones, joints and muscles used in a specific example for each sport
* The effects of exercise on the body, referring to the body’s use of proprioceptors, chemoreceptors and baroreceptors.
* The energy systems which are used in the sports (including the predominant energy system).
* The transportation of oxygen around the body and removal of carbon dioxide
1. Create a video, PowerPoint, poster, but **not** a written document. Be creative and make the presentation interesting and engaging. You can include other areas not stated on the list if that is of interest to you.
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