

Cambridge Technicals Level 3

Sport Studies and Physical Activity (Extended Certificate)



Welcome Information and
Transition Pack
Summer 2026

Introduction

Welcome to Sport Studies and Physical Activity. We are delighted that you have shown an interest in this exciting course and we look forward to helping you to develop during your time in the OBA sixth form. It is a strange time for us all at the moment and ideally we would like to introduce you to our course in person. To make the best use of this time and to prepare you for our course, I would like you to start working through this transition pack.

Sport Studies and Physical Activity is a popular course. The subject requires you to have an open mind in order to evaluate and consider sport as a whole. On this course you will develop an understanding of anatomy and physiology and how participation in physical activity impacts the body. You will research how biomechanics can have an impact upon sporting performance, you will understand the organisation of sport, demonstrate your leadership skills and your sporting performance and understanding of tactics and strategies.

Students who achieve excellent grades in this subject are good sports performers and have excellent leadership skills. They are able to think critically and are able to evaluate. They also have a passion for sport and enjoy learning about its wider aspects.

Students who have studied this course have moved onto a range of different sports courses at university or have gone on to pursue careers in the sports industry.

This induction pack includes tasks which form part of the assessment to judge your suitability to access the course in September. To access the course you need to complete these induction tasks thoroughly and pass the baseline assessments in September. If you get stuck on any of these tasks, feel free to email me on: daniel.bircham@obamail.co.uk



Key Information for Sport Studies and Physical Activity

This course is assessed over 5 units. Each unit has its own specification. These are provided below:

Unit 1 - Body Systems and the Effects of Physical Activity:

<https://www.ocr.org.uk/Images/258723-body-systems-and-the-effects-of-physical-activity.pdf>

Method of assessment: Exam

Unit 2 - Sports Coaching and Activity Leadership: <https://www.ocr.org.uk/Images/258725-sports-coaching-and-activity-leadership.pdf>

Method of assessment: Coursework and Practical Leadership

Unit 3 - Sports Organisation and Development:

<https://www.ocr.org.uk/Images/258726-sports-organisation-and-development.pdf>

Method of assessment: Exam

Unit 10 - Biomechanics and Movement Analysis: <https://www.ocr.org.uk/Images/258726-sports-organisation-and-development.pdf>

Method of assessment: Coursework

Unit 5 - Analysis of performance

<https://www.ocr.org.uk/Images/500722-performance-analysis-in-sport-and-exercise.pdf>

Method of assessment: Practical Performance and Coursework

Course Overview

Unit	Assessed	Re-Sit
Unit 1	May 2027 (Year 12)	May 2028 (Year 13)
Unit 2	May 2028 (Year 13)	June 2028 (Year 13)
Unit 3	May 2027 (Year 12)	May 2028 (Year 13)
Unit 10	April 2028 (Year 13)	June 2028 (Year 13)
Unit 5	April 2027 (Year 12)	June 2028 (Year 13)

Textbook

	https://www.amazon.co.uk/Cambridge-Technicals-Level-Physical-Activity/dp/1471874850
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Sport Studies and Physical Activity - Preparatory Task

To prepare for the course starting you need to submit these preparatory tasks to me.

If you need any help or support with these tasks then please contact me via:
daniel.bircham@obamail.co.uk

Careful Reading Task - <https://www.bbc.co.uk/sport/52619111>

Produce a mind map that summarises the above article.

Careful Reading Tips

CAREFUL READING SKILL SHEET
READ FOR THE GIST Read the text twice to get the basic idea. Pay special attention to titles, diagrams and the first and last paragraphs.
HELP I DON'T UNDERSTAND THIS BIT! Read the hard bit over a few times. Use a dictionary to check meanings. If you still don't get it, mark the section with a question mark, and continue reading. Then go back to the hard bits when you have read the whole text.
UNDERLINE THE MAIN POINTS: Try to underline about 10 per cent or less, 20 per cent maximum. Use a pencil so you can rub out underlinings.
SUMMARISE WITH KEY POINTS OR A MIND-MAP OR OTHER SUITABLE GRAPHIC Read back over the underlined bits to ensure you have all the really important bits in your summary.
NOW YOU WILL UNDERSTAND THE TEXT MUCH BETTER!

How to make a mind map:

The following clip shows an example of a mind map:

<https://www.youtube.com/watch?v=-Y1HJMugAPY>

Your mind map will need to be relevant to the BBC sport article at the top of this task. You need to ensure that it summarises the main points.

Insert your mind map here. If it is done on paper, take a picture and insert here.

Task One - Body systems and the effects of physical activity

Define the following terms:

Axial Skeleton	Appendicular Skeleton	Vertebral Column	Pelvis
<i>The bones that consist of the head, vertebral column and the rib cage</i>			
Agonist	Antagonist	Fixator	Hypertrophy
Mitochondria	Glycolytic Capacity	Atrium	Ventricle
Stroke Volume	Heart Rate	Cardiac Output	Arteries
Capillaries	Veins	Lumen	Nasal Cavity
Pharynx	Trachea	Bronchi	Alveoli
Tidal Volume	Minute Ventilation	Lactic Acid	Glycogen

Task Two - Sport Coaching and Activity Leadership

Read the following article: <https://www.bbc.co.uk/sport/football/52575884>

Produce a written assignment in the box below (maximum 500 words), that evaluates three different attributes that Sir Alex Ferguson used in order to make him Britain's most successful football manager.

Key Terms:

Attribute - A quality or characteristic that an individual demonstrates.

Evaluate - Make a judgement of the importance of each attribute.



Task Three - Sports Organisation and Development

Read the information on this website:

https://learnzone.loucoll.ac.uk/sportres/CourseGenie/Sport/2009-10/AASENatCert/NC05_SportsDevelopment/NC_SportsDevelopment_01Mod/NC_SportsDevelopment_01Mod_02.htm

Produce a written assignment in the box below, that explains the sports development continuum. Include the following:

- What is the aim of the sports development continuum?
- Describe each stage of the sports continuum.
- Name a national governing body of sport and state how they promote each aspect of the sports continuum.

Task Four - Biomechanics and Movement Analysis

1. Explain Newton's Laws of motion in relation to sport.

- Provide an overview of each of Newton's three laws.
- Draw a diagram representing each law.
- Explain where they are used in sport using specific examples.

2. Describe the advantages and disadvantages of using video technology to analyse performance in badminton: <https://www.youtube.com/watch?v=hGzy9i309kA>

Task Five - Analysing Sporting Performance

Complete the table to identify strengths and weaknesses of the listed analysis of sports performance methods:

Method	Strengths	Weaknesses
Comparison to the perfect performance		
Video Analysis Apps		
Peer Observation		

Coaches Observation		
Self Assessment		

Thank you for making your way through this pack. I have no doubt that if you continue to take responsibility for your learning and continue to complete all work set to the appropriate standard, this will be the right course for you and you will progress well.

Please submit all of this work to Mr Bircham by 17/07/26. The PE department looks forward to seeing you when this course starts and helping you to develop your understanding of sport and physical activity.

Please do not hesitate to contact me if you have any questions or need any assistance.

All the best

Mr Bircham
daniel.bircham@bushfield.co.uk