



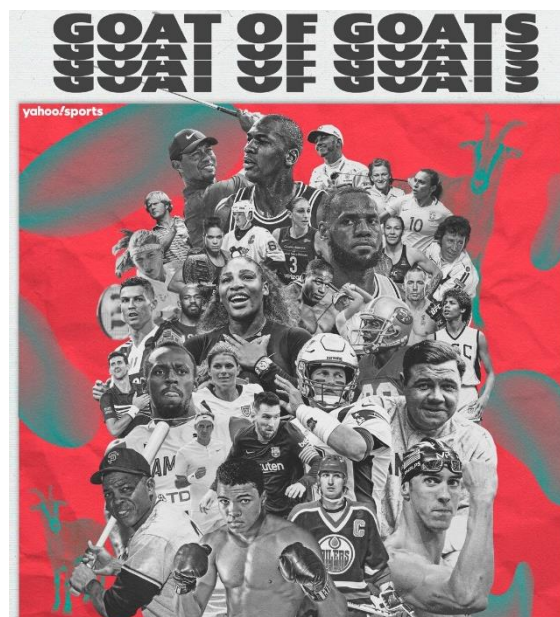
Year 13

CTEC Sport

Transition booklet

"The more difficult the victory, the greater the happiness in winning."

Pele



Dear Year 12 Sport's student

This transition workbook is designed to help you bridge the gap between your Year 12 and Year 13 learning, and in these unprecedented times, we at SJBC want to give you the best possible opportunity we can to prepare you for success in Year 13.

The exercises in this booklet will ensure you are ready for CTEC Sport in September., and you are required to bring all your completed work with you to your first lesson!

Task 1: The skeletal system

Complete the table explaining the functions of the Skelton and provide a sporting example (*e.g., during a tackle in rugby, the players clavicle and rib cage play a vital role in protecting their*).

Skeletal function	Explanation
Shape	
Support	
Protection	
Movement	
Blood cell production	
Mineral storage	

Task 2: Joint movements

Movement of bones are given specific names. This means that you can more accurately explain these movements to someone like a physiotherapist when you are injured. Complete the table below with a description of what happens when each action takes place.

Type of joint movement	Description
Flexion and extension	
Lateral flexion	
Abduction and Adduction	
Horizontal abduction and adduction	
Medial and lateral rotation	
Circumduction	
Pronation and supination	
Dorsi flexion and plantar flexion	

Task 3: Structure of the blood vessels

Fill in the table below to explain the role of each part of the heart.

Type of joint movement	Description
Atria	
Ventricles	
Bicuspid and tricuspid valves	
Pulmonary and Aortic valves	
Aorta	
Venae Cavae	
Pulmonary Artery	
Pulmonary Vein	

Task 5: Sports Organisation

In the table below are the organisations that are involved in sport within the UK. Research each one and explain their involvement within sport.

Organisation	Involvement in sport
Department for Culture, Media and sport	
Department for Education	
Department of Health	
The national Disability Sports Organisations (NDSOs)	
The National Lottery	
The Sport and Recreation Alliance	
Sport England	

Task 7: Research around the topic of Sports Development

There are 5 target groups of people who would benefit from specific sporting activity schemes. Identify them and explain how they can benefit from Sports Development.

Group 1:

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Group 2:

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Group 3

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Group 4

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Group 5:

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Link to specification

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

Suggested reading

Cambridge Technicals Level 3 Sport and Physical Activity
Author: Suzanne Bointon, Helen Bray, Scott Chapman, James Martin, Alister Myatt, Annette Short
ISBN: 9781471874857; Publisher: Hodder Education; Date: October 2016

Clegg, C. 1995. Exercise Physiology and Functional Anatomy. Feltham Press

Walder, P. 1998. Mechanics and Sport Performance. Feltham Press

Honeybourne, J. 2006. Acquiring Skill in Sport: An Introduction. Routledge

Bean, A. 2017. The Complete Guide to Sports Nutrition. Bloomsbury Publishing.

Useful websites

- Sport England: <http://www.sportengland.org>
- Sports structures: <https://www.sportstructures.com/our-clients/national-governing-bodies/>
- Youth sports trust: <https://www.youthsporttrust.org>
- BBC bitesize: <https://www.bbc.co.uk/bitesize>
- PE resource bank: <https://www.peresourcesbank.co.uk>
- Activity alliance: <https://www.activityalliance.org.uk/together/ndsos>
- Association for PE: <http://www.afpe.org.uk>
- The legacy from the London 2012 Olympic and Paralympic Games: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/224148/2901179_OlympicLegacy_acc.pdf
- A documentary on the life of Tom Daley: <https://www.youtube.com/watch?v=LfXLIrseAyg>
- Funding4sport: <https://www.funding4sport.co.uk>