CTEC Sport Transition booklet

"Every champion was once a contender that refused to give up."
Rocky Balboa

Welcome to CTEC Sport at SJBC!

This transition work is designed to help you bridge the gap between your KS4 studies and KS5, and in these unprecedented times, we at SJBC want to give you the best possible opportunity we can to prepare you for the Sport course you have decided to join. We therefore require you to complete your summer transition workbook which you will need to bring in with you for your first Year 12 CTEC Sport lesson in September.

Why do transition work?

Preparation is crucial for studying at KS5. Learning at KS5 requires you to be an independent learner. Although you will be studying fewer subjects, learning at this stage requires different study skills and the volume of work is greater due to the increased demand of depth and detail.

The exercises in this booklet will ensure you are ready for CTEC Sport in September.

Is transition work assessed?

YES! In September, your CTEC Sport teacher will ask you for your transition work, and it will be assessed.

You must bring all the work with you for your first Year 12 CTEC Sports lesson in September.

This transition work is based around your 1st external exam '**Unit 1: Body systems and the effects of physical activity'** in which you will be assessed on your understanding of the following learning outcomes:

- **LO1** Skeletal system in relation to exercise and physical activity
- **LO2** Muscular system in relation to exercise and physical activity
- **LO3** Cardiovascular system in relation to exercise and physical activity
- **LO4** Respiratory system in relation to exercise and physical activity
- **LO5** Different energy systems in relation to exercise and physical activity

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
- Youth sports trust: https://www.youthsporttrust.org
- BBC bitesize: https://www.bbc.co.uk/bitesize
- PE resource bank: https://www.peresourcesbank.co.uk
- Association for PE: http://www.afpe.org.uk

Summer transition workbook

It is expected that you will produce a portfolio of a selected athlete, to include three A4 images of them participating in their sport (can be different images or the same duplicated 3 times).

Task 1: The skeleton

- 1st image. Correctly label the bones (arrows pointing to where the bones are; obviously skin, clothing etc. will hide the bone itself).

Task 2: The muscles

- 2nd image. Correctly label the skeletal muscles (arrows pointing to where the muscles are; obviously skin, clothing etc. will hide the muscle itself).

Task 3: The joints

- 3rd image. Correctly label the joints (arrows pointing to where the joints are; obviously skin, clothing etc. will hide the joints themselves).

Task 4: The cardiovascular system

- Correctly label the diagram of the heart below and include arrows to show the route blood travels through the double circulatory system. Below the diagram you will also need to describe the role of each structure and explain how the structures of the blood vessels are related to their function.

Task 5: The respiratory system

- Correctly label the diagram below of the respiratory system, describe the role of each structure and describe the mechanics of breathing during inspiration and expiration

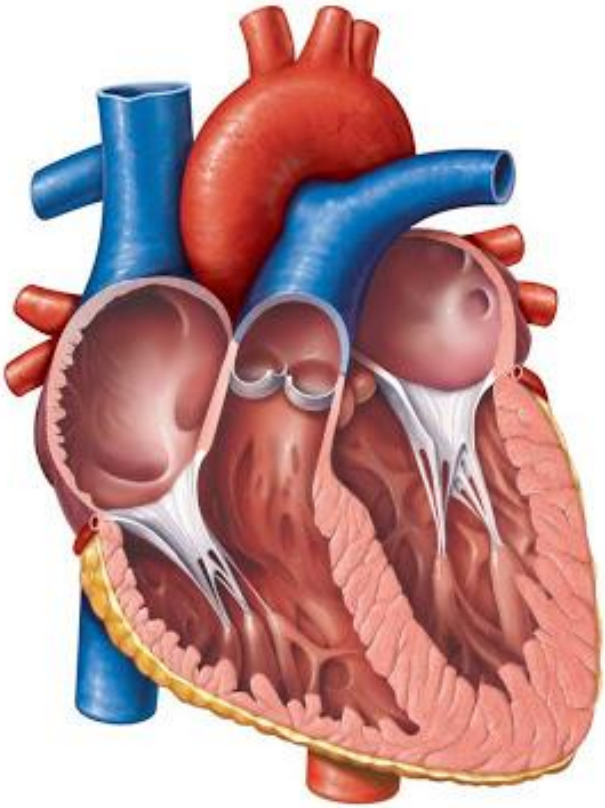
Task 6: Energy systems

- Describe the difference between the aerobic and the anaerobic alactic system and state what system the athlete you have selected predominately uses and why.

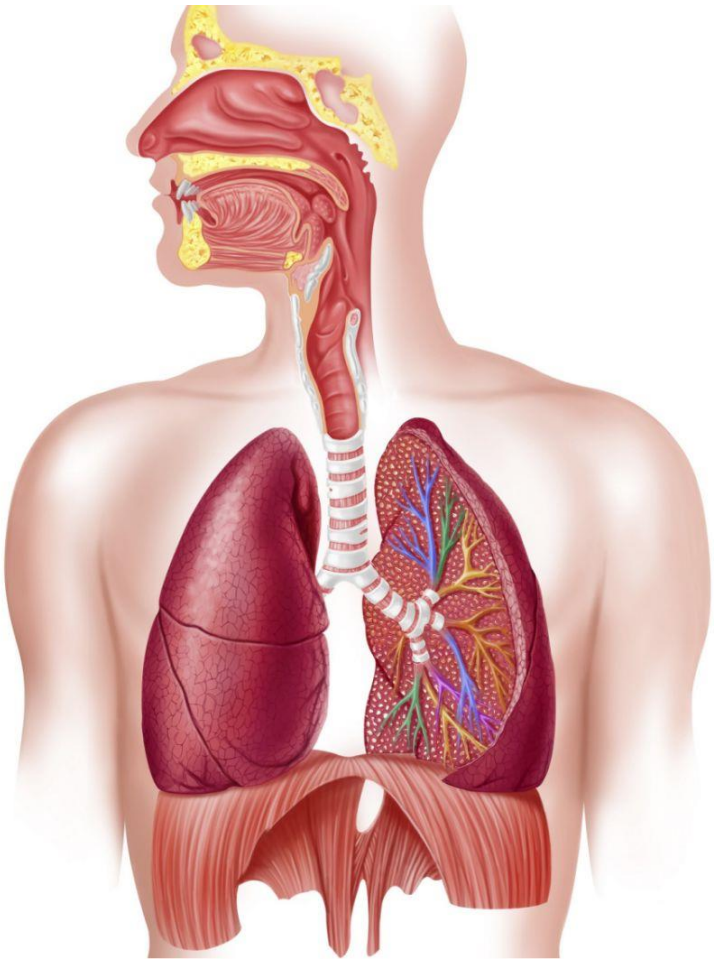
Task 7: Sports coaching

- Write a short biography on a Sports Coach/Manager of your choice. They must have coached at an elite level. We would like you to describe why you think they make/made a great coach (think of their attributes, what have they achieved, and remember success can be measured in different ways). What type of personality and leadership style do they have/had which makes them great?

<u>Task 4:</u> The cardiovascular system- diagram of the heart



Task 5: The respiratory system



Task 7: Sports coaching