**OCR Sport (Extended Certificate Qualification) Study Period Guide – Autumn Term 2022**

**This guide is designed to help students with their independent revision for Year 12 OCR Sport in their study periods this term.**

**Which topics will you be studying?**

|  |  |
| --- | --- |
| **Examination Units**  | **Coursework Unit** |
| **Unit 1 – Body Systems and the effects of Physical Activity** * **Skeletal system (LO1), Muscular system (LO2), Cardiovascular system (LO3), Respiratory system (LO4) and Energy systems (LO5)**

**Unit 3 – Sports Organisation and Development*** **Oganisation of sport in the UK (LO1), Understanding sports development (LO2), How the impact of sports development can be measured (LO3) and Sports development in practice (LO4)**
 | **Unit 2 – Sports coaching and activity leadership** * **Roles and responsibilities of coaches and leaders (LO1)**
* **Principles which underpin coaching and leading (LO2)**
* **Methods to improve skills, techniques and tactics in sport (LO3)**
* **Plan sports and activity sessions (LO4)**
* **Prepare sports and activity environments (LO5)**
* **Deliver sports and activity sessions (LO6)**
* **Review sports and activity sessions (LO7)**
 |

**Which exam board?**

In this qualification we follow **OCR** exam board. For a detailed look at the specification of Unit 1 and Unit 3, click the below link

<https://www.ocr.org.uk/Images/258723-body-systems-and-the-effects-of-physical-activity.pdf> (Unit 1)

<https://www.ocr.org.uk/Images/258726-sports-organisation-and-development.pdf> (Unit 3)

**What useful revision activities should I be doing?**

* Summarise a lesson in your exercise book using flash cards, posters or a mind map.
* Answer / complete practice exam questions using the questions you have been issued.
* Test a friend on content such as axial / appendicular skeleton or the bones and muscles in the body.
* Make a glossary of key terms for each unit of work.
* Write a quiz to test a partner on a key topic we have covered.
* Label diagrams on the images given

**Useful Resources:**

* ‘Knowledge Organiser - Unit 1 Body Systems - Skeleton’ – use paper copy or use the copy on ClassCharts
* ‘Learn site’ for Skeletal System <https://www.visiblebody.com/learn/skeleton/types-of-bones>
* Useful Video Clips: <https://www.youtube.com/watch?v=yYEXQbPq5jM>
<https://www.youtube.com/watch?v=DLxYDoN634c>
* Quizlet - <https://quizlet.com/36967058/long-term-short-term-effects-of-exercise-on-the-skeletal-system-flash-cards/>
* Suggested research articles Unit 3:
* Department for Culture, Media & Sport (DCMS): <https://www.gov.uk/government/organisations/department-for-culture-media-sport>
* UK Sport: <http://www.uksport.gov.uk/>
* Sport England: <https://www.sportengland.org/>
* National governing bodies of sport (e.g. FA, British Athletics, RFU): <http://www.thefa.com/>