















6th Form Transition Pack

QUALIFICATION	OCR Technicals Level 3 Sport and Physical Activity
Teacher Name(s)	Pe Dept
Contact email(s)	pe@holyfamilyhighschool.co.uk
Exam board and link	https://www.ocr.org.uk/Images/260775-cambridge-technicals-sport-and-physical-activity-summary-brochure.pdf
Specification details	Unit 1 External Examination https://www.ocr.org.uk/Images/258723-body-systems-and-the-effects-of-physical-activity.pdf Unit 3 External Examination https://www.ocr.org.uk/Images/258726-sports-organisation-and-development.pdf
Recommended online learning	<p>Unit 1 Joints - https://www.youtube.com/watch?v=otHNMOaXSns&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16 Energy Systems- https://www.youtube.com/watch?v=r9SFsWbMO0w Cardiac Cycle- https://www.youtube.com/watch?v=swGV1a3f1G8 Gaseous Exchange- https://www.youtube.com/watch?v=JvXJLgqs0xw</p> <p>Unit 3 Sport England- https://www.youtube.com/watch?v=lpmeL3dfijg World Class Pathway - https://www.youtube.com/watch?v=FcGJsBu3oPY Women in sport- https://www.youtube.com/watch?v=COhYjW6gZVs Ethnic Minorities- https://www.youtube.com/watch?v=HyzQdqCwX2w www.senecalearning.com</p>
Recommended reading list	<p>Unit 3</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  Bones tasks Lesson 1.pptx </div> <div style="text-align: center;">  Joint Analysis.pptx </div> <div style="text-align: center;">  Bones tasks Lesson 5.pptx </div> <div style="text-align: center;">  Bones tasks Lesson 4.pptx </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 10px;"> <div style="text-align: center;">  Bones tasks Lesson 2.pptx </div> <div style="text-align: center;">  Movement Analysis 1.odp </div> <div style="text-align: center;">  Bones and Functions 1.1 and 1.2.docx </div> </div>



	<p>Unit 1</p> <p> U3 presentation Target Group women.Different ethnic group</p> <p> U3 presentation 50-plus and retired pe</p> <p> U3 presentation Disabled Group.pptx</p> <p> U3 The Purpose of Sports Development.p</p> <p> Unit 3 4.3 accountability.docx</p>
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In addition, the transition pack may contain resources like PowerPoints, assessments and activities for you to try at home over the summer.

We recommend you use Cornell Notes to prepare for your new course. Please see these videos to help you develop the technique:

<https://youtu.be/WtW9lyE04OQ>