










## 6<sup>th</sup> 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	<a href="https://www.ocr.org.uk/Images/260775-cambridge-technicals-sport-and-physical-activity-summary-brochure.pdf">https://www.ocr.org.uk/Images/260775-cambridge-technicals-sport-and-physical-activity-summary-brochure.pdf</a>
Specification details	Unit 1 External Examination <a href="https://www.ocr.org.uk/Images/258723-body-systems-and-the-effects-of-physical-activity.pdf">https://www.ocr.org.uk/Images/258723-body-systems-and-the-effects-of-physical-activity.pdf</a> Unit 3 External Examination <a href="https://www.ocr.org.uk/Images/258726-sports-organisation-and-development.pdf">https://www.ocr.org.uk/Images/258726-sports-organisation-and-development.pdf</a>
Recommended online learning	<p><b>Unit 1</b> Joints - <a href="https://www.youtube.com/watch?v=otHNMOaXSns&amp;list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K">https://www.youtube.com/watch?v=otHNMOaXSns&amp;list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K</a> Energy Systems- <a href="https://www.youtube.com/watch?v=r9SFsWbMO0w">https://www.youtube.com/watch?v=r9SFsWbMO0w</a> Cardiac Cycle- <a href="https://www.youtube.com/watch?v=swGV1a3f1G8">https://www.youtube.com/watch?v=swGV1a3f1G8</a> Gaseous Exchange- <a href="https://www.youtube.com/watch?v=JvXJLgqs0xw">https://www.youtube.com/watch?v=JvXJLgqs0xw</a></p> <p><b>Unit 3</b> Sport England- <a href="https://www.youtube.com/watch?v=lpmeL3dfijg">https://www.youtube.com/watch?v=lpmeL3dfijg</a> World Class Pathway - <a href="https://www.youtube.com/watch?v=FcGJsBu3oPY">https://www.youtube.com/watch?v=FcGJsBu3oPY</a> Women in sport- <a href="https://www.youtube.com/watch?v=COhYjW6gZVs">https://www.youtube.com/watch?v=COhYjW6gZVs</a> Ethnic Minorities- <a href="https://www.youtube.com/watch?v=HyzQdqCwX2w">https://www.youtube.com/watch?v=HyzQdqCwX2w</a> <a href="http://www.senecalearning.com">www.senecalearning.com</a></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 style="text-align: center;">  Bones tasks Lesson 2.pptx         </div> </div> <div style="margin-top: 10px;">  Movement Analysis 1.odp         </div> <div style="margin-top: 10px;">  Bones and Functions 1.1 and 1.2.docx         </div>



## Unit 1



U3 presentation



U3 presentation



U3 presentation



U3 presentation 2.4-



U3 The Purpose of  
Target Group women.Different ethnic group50-plus and retired pe Disabled Group.pptx Sports Development.pptx



Unit 3 4.3  
accountability.docx

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/WtW9IyE04OQ>