

Cambridge Technicals

Sport and Physical Activity

Summary of course content

The qualification consists of **Five units**. Assessment is a mixture of external exams and internally assessed coursework.

Unit 1: Body Systems and the Effects of Physical Activity (Exam)

This unit develops an understanding of human anatomy and physiology and how the body responds to exercise.

Key topics include:

- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system
- Energy systems
- Acute and long-term effects of exercise
- Movement analysis
- Health, fitness and performance

Unit 2: Sports Coaching and Activity Leadership (Coursework)

This practical unit focuses on planning, delivering and reviewing coaching sessions.

Key topics include:

- Roles and responsibilities of a coach
- Leadership styles
- Communication skills
- Session planning
- Health and safety
- Risk assessments
- Evaluating coaching performance

Unit 3: Sports Organisation and Development (Exam)

This unit explores how sport is organised within the UK.

Key topics include:

- National Governing Bodies (NGBs)
- Sport England and UK Sport
- Grassroots sport
- Talent identification
- Funding of sport
- Barriers to participation
- Sporting pathways
- Major sporting events

Unit 17: Sports Injuries and Rehabilitation

Key topics include:

- Types of injuries
- Injury prevention
- Immediate treatment
- Rehabilitation programmes
- Return-to-play procedures

Unit 18: Practical Skills in Sport and Physical Activities

This unit focuses on developing practical ability, tactical understanding and performance analysis across different types of physical activities.

Key topics include:

- Performing practical skills in individual sports
- Performing practical skills in team sports
- Officiating sport and physical activities

The unit specifications can be found here:

<https://www.ocr.org.uk/qualifications/cambridge-technicals/sport-and-physical-activity/units/#level-3>

What you should be doing as an independent learner in your four hours of independent study per week?

Weekly:	Completion of set work as outlined in the grid below. Completing and tidying up any notes that have been made in the lesson
Fortnightly:	Review of recent lessons, learning key terminology, producing revision resources such as cards and mind maps
Half termly:	Revision: Review knowledge quizzes. Review topics and produce revision resources, e.g., flashcards, mind maps, posters, etc. Complete planning of past exam paper answers.

Resources

In addition to those provided for specific tasks by your teacher, resources include:

TEAMS: Lesson PowerPoints and reference materials; end of unit summaries and revision maps

Independent learning overview

Two hours directed by each of your teachers (subject to change):

Y12	Mr Hunt: UNIT 2: Sports coaching and activity leadership (Coursework)	Mr Gillespie: UNIT 1: Body systems and the effects of physical activity (Exam)
07.09.26	Enrolment week	Enrolment week
14.09.26	TASK 1 1.1-1.2 Roles and responsibilities of sports coaches and activity leaders Students to understand the key roles and responsibilities of coaches and leaders	1.1 The axial and appendicular skeletons 1.2 The functions of the skeleton and the link to types of bone Understand the parts of the skeleton and the different functions that it plays
21.09.26	1.3 How the roles and responsibilities involved in teaching and delivering sport differ	1.3 Classifications of joints 1.4 The types of synovial joint

	What are the difference in the role of a coach, PE Teacher and Sports leader? Explore	Understand how the joints are classified and which joints come under what group
28.09.26	2.3 Attributes of coaches and leaders Understand and explain the importance of • communication skills • able to establish and maintain relationships • knowledge of the activity • organisational skills • empathy	1.5 Structures and functions of synovial joints 1.6 Joint movements Examine the structure of a synovial joint and role played by the different structures. Understand the different types of movement that occur at a joint
05.10.26	2.1 Principles of leadership Understand the differences between the different leadership styles and the positives and negatives of each.	1.7 Structure and function of the vertebral column Examine the structures of the VC and the role they play 1.8 The impact of physical activity, training and lifestyle on the skeletal system • short-term effects • long-term effects • effects of warm ups and cool downs Understand the impacts of exercise of the skeletal system and apply the knowledge of the skeleton to sporting situations and examples
12.10.26	2.1 Principles of leadership Understand Personality: • What is it? • How does it form? • What impact does it have on the way we coach?	Revision for end of unit test LO1 test
19.10.26	2.2 Group dynamics Explore the different theories of group dynamics and how a coach can apply them to their coaching.	2.1 Main muscles acting at synovial joints Understand which muscles are used to engage movement at different joints 2.2 Types of muscle function Understand the different types of function (agonist, antagonist, fixator)
26.10.26	Preparation for Unit 2 Task 1 presentation	
02.11.26	Task 1 Presentations Preparation for Task 2. Researching coaching drills and activities in your preferred sport. Beginning to create some skeleton session plans.	2.3 Types of muscle contraction Understand the different types of contraction and as and when they occur. 2.4 Structure and function of muscle fibre types Understand the difference between slow oxidative, fast oxidative, fast glycolytic
09.11.26	Task 1 Presentations Preparation for Task 2. Researching coaching drills and activities in your preferred sport.	2.5 Link between mix of fibre types and performance

	Beginning to create some skeleton session plans.	Identify the link between the types of muscle fibre and the type of activity they are used for 2.6 The impact of physical activity, training and lifestyle on the muscular system
16.11.26	TASK 2 4.1-4.2 Review participants' needs considering which could influence coaching sessions and other key considerations when planning sports/activity sessions Consider what these needs are and how they may effect a coaching session	Revision for end of LO Test LO2 Test
23.11.26	4.3 SMART goal setting Explore the impact of SMART targets when planning coaching sessions	3.1 The structures of the heart and their roles Understand the heart and how it functions
30.11.26	5.3 Assessing and minimising risks before sports/activity sessions Understanding the risks that come with coaching a sports session and creating a risk assessment to reflect and reduce these risks	3.2 Stroke volume, heart rate and cardiac output 3.3 Structure of blood vessels Learn the different definitions of terms relating the heart and understand the structures of the different types of blood vessel.
07.12.26	5.1 Preparing for and planning sports/activity sessions Plan 6 coaching sessions in a chosen sport to be delivered to younger students in school or externally	3.4 Components and functions of blood 3.5 Vascular shunt mechanism and the role of arterioles and pre-capillary sphincters Examine the make up of blood and the part each of the components play. Understanding Vascular shunt and how and why it occurs
14.12.26	5.1 Preparing for and planning sports/activity sessions Plan 6 coaching sessions in a chosen sport to be delivered to younger students in school or externally	3.6 The impact of physical activity, training and lifestyle on the cardiovascular system
21.12.26		
28.12.26		
04.01.27	TASK 3 6.3 Delivering sport/activity sessions 6 coaching sessions in a chosen sport to be delivered to younger students in school or externally 7.1 Reviewing sport/activity sessions Evaluating the success of each session and setting targets for subsequent sessions	Revision for end of LO Test LO3 Test
11.01.27	As 04-01-27	4.1 The structures of the lungs and their roles Understand the lungs and how the function

		4.2 Respiratory muscles used during exercise Examine how the different respiratory muscles are used during exercise
18.01.27	As 04-01-27	4.3 The mechanics of breathing Examine what happens in the Respiratory system when we breath 4.4 Gaseous exchange at the alveoli Understand what Gaseous exchange is and how it occurs
25.01.27	As 04-01-27	4.5 Tidal volume, breathing frequency and minute Ventilation Define the different key terms linked to the Respiratory system. 4.6 The impact of physical activity, training and lifestyle on the respiratory system
01.02.27		
08.02.27	As 04-01-27	Revision for end of LO Test LO4 Test
15.02.27		
22.02.27	TASK 4 3.1 Methods for identifying strengths and weaknesses in skills, techniques and deployment of tactics Understand the variety of methods used to analyse performance by a coach	5.1 The three energy systems Analyse how the three energy systems work and how they relate to exercise
01.03.27	3.2 Classification of skills and its links to types of practice Understand what the skills continuums are and where sports fit onto the continuums. Explore the types of practice that can be used by a coach.	5.1 The three energy systems Analyse how the three energy systems work and how they relate to exercise
08.03.27	3.3 Methods for measuring improvement in skills, techniques and deployment of tactics Understand the range of methods used by a coach to indicate and measure any improvement.	5.2 The energy continuum and how intensity and duration of exercise determines which energy system is predominant Analyse how exercise effects the different energy systems 5.3 The recovery process for each energy system Understand the processes involved in recovery and the timescales involved
15.03.27	Assignment write up	Revision for end of LO Test LO5 Test
22.03.27	Assignment write up	Focussed revision for Unit 1 exam
29.03.27		
05.04.27		
12.04.27	Focussed revision for Unit 1 exam	Focussed revision for Unit 1 exam

19.04.27	Focussed revision for Unit 1 exam	Focussed revision for Unit 1 exam
26.04.27	Focussed revision for Unit 1 exam	Focussed revision for Unit 1 exam
03.05.27	Focussed revision for Unit 1 exam	Focussed revision for Unit 1 exam
10.05.27	Focussed revision for Unit 1 exam	Focussed revision for Unit 1 exam
17.05.27	Focussed revision for Unit 1 exam	Focussed revision for Unit 1 exam
24.05.27	Practical sport	Practical sport
31.05.27		
07.06.27	UNIT 3: Sports organisation and development 1.1 -1.2 Organisations involved in sport in the UK and their roles Understand the roles played by the major sporting organisations in the UK	UNIT 18: Practical skills in sport and physical activities 1.1-1.7 and 2.1-2.7 Be able to apply skills, techniques and tactics in an individual and a team sport Practicing two sports for assessment
14.06.27	1.1-1.2 Organisations involved in sport in the UK Understand the roles played by the major sporting organisations in the UK	1.1-1.7 and 2.1-2.7 Be able to apply skills, techniques and tactics in an individual and a team sport Practicing two sports for assessment
21.06.27	1.1-1.2 Organisations involved in sport in the UK Understand the roles played by the major sporting organisations in the UK	1.1-1.7 and 2.1-2.7 Be able to apply skills, techniques and tactics in an individual and a team sport Practicing two sports for assessment
28.06.27	1.3 International organisations which impact UK sport Know who the main international organisations are the impact sport in the UK and understand the role they play	1.1-1.7 and 2.1-2.7 Be able to apply skills, techniques and tactics in an individual and a team sport Practicing two sports for assessment
05.07.27	1.4 How the different organisations interact Examine the relationship between International and National organisations and the impact it has on sport in the UK	1.1-1.7 and 2.1-2.7 Be able to apply skills, techniques and tactics in an individual and a team sport Practicing two sports for assessment
12.07.27	Revision for LO1 test LO1 TEST	1.1-1.7 and 2.1-2.7 Be able to apply skills, techniques and tactics in an individual and a team sport Practicing two sports for assessment
19.07.27		

Y13	Mr Hunt UNIT 3: Sports organisation and development	Miss Acott: UNIT 18: Practical skills in sport and physical activities
07.09.26	Enrolment week	Enrolment week
14.09.26	L02.1 What sports development is. Understand definitions and sports development roles.	Unit 18 Task 4 Officiating in Sport. Research roles and responsibilities of officials.
21.09.26	L02.2 Purpose of sports development. Increase participation and progression, Sport for social benefit and values. L02.3 Sports development continuum. Foundation to excellence.	Continue officiating evidence and witness statements.
28.09.26	L02.4 Target groups and barriers to participation. Understand the barrier to, reasons for participation and possible solution to existing barriers	Task 4 review and evidence collection.
05.10.26	L02 revision and Test	Officiating training manual development.
12.10.26	L03.1 Measuring sports development impact. L03.2 Methods of measurement.	Complete Unit 18 practical evidence.
19.10.26	L03.3 Purpose of measurement. L03 revision and Test	Portfolio organisation and completion.
26.10.26	Half term	
02.11.26	L03 revision and Test	Unit 18 improvements.
09.11.26	L04.1-4.2 Sports development initiatives and events. Understand the characteristics/ considerations of running events and initiatives	Unit 18 portfolio completion.
16.11.26	L04.3-4.4 Evaluation and benefits of events and initiatives	Moderation and evidence checks.
23.11.26	L04 Revision and Test	Final Unit 18 submissions.
30.11.26	Focused revision, L01 and L02.	Focused revision, L01 and L02.
07.12.26	Focused revision, L03 and L04.	Focused revision, L03 and L04.
14.12.26	Focused revision	Focused revision
21.12.26	Past paper practice and focussed revision	Past paper practice and focussed revision
28.12.26	Past paper practice and focussed revision	Past paper practice and focussed revision
04.01.27	Past paper practice and exam technique.	Past paper practice and exam technique.
11.01.27	UNIT 3 EXAM	UNIT 3 EXAM
18.01.27	Unit 17 Task 1. L01 Sports injuries and effects. Chronic and acute injuries	Unit 18 catch up and completion.
25.01.27	L01 Physiological and psychological effects of injury. Short and long term effects of injury	Final Unit 18 submissions.
01.02.27	L02 Injury prevention strategies.	Unit 18 finalisation.

	Understand methods to reduce the risk L02 Player safety and risk reduction.	
08.02.27	Task 1 Completed and handed in	Unit 18 complete.
15.02.27	Half term	Half term
22.02.27	Task 3 L05 Rehabilitation principles. Supporting Injury treatment Phases of Rehab	Task 2 L03 Responding to acute injuries.
01.03.27	L05 Rehabilitation principles Grades of Muscle Tear Factors to consider in injury assessment.	Immediate response procedures.
08.03.27	Design rehabilitation programmes	L04 Agencies involved in rehabilitation.
15.03.27	Design rehabilitation programmes.	Task 2 booklet and EAP completed
22.03.27	Design rehabilitation programmes	Complete Task 2 submission.
29.03.27	Easter: Design rehabilitation programmes	Design rehabilitation programmes
05.04.27	Easter: Design rehabilitation programmes	Design rehabilitation programmes
12.04.27	Complete Task 3 submission.	
19.04.27		
26.04.27	ALL WORK SUBMITTED TO MODERATOR	ALL WORK SUBMITTED TO MODERATOR
03.05.27		
10.05.27		
17.05.27		
24.05.27		
31.05.27	Half term	
07.06.27		
14.06.27		
21.06.27		
28.06.27		
05.07.27		
12.07.27		
19.07.27		