# Ctech Sport - Miss Webb induction
# Some key facts!

In year 12 you will sit 2 exams in May. One in exam in my unit: Sports organisation and development and one exam in Miss Loveland unit: Body systems.

You will spend year 12 studying for your exams – criteria is pass, merit or distinction.

Any work you do for me is completely different for Miss Loveland – different units and different deadlines.

In year 13 you will complete 3 coursework units: coaching and leadership, organising a sports event and possibly a psychology unit. Lots of written work and strict deadlines but far more practical sessions in year 13.

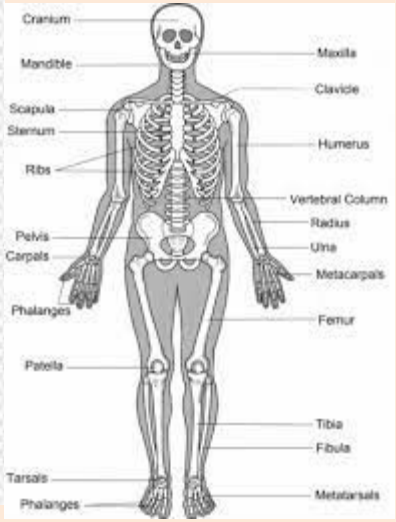
It is a level 3 course: equivalent to A levels and converted into UCAS points, so the quality of work you create should be of a high standard.

# Purpose of unit 3

The organisations involved in sport in the UK are concerned with is sports development and the increase of participation in sport and physical activity, both to improve the health of the nation but also to aid the development of elite athletes who can compete and achieve on an international level.

# Purpose of unit 1 - Body systems and the effect of physical activity

In this unit you will gain an understanding of the structures and functions of the key body systems, how these support and impact performance in sport and physical activity and the effects that physical activity, training and lifestyle can have on them.



# What is the purpose of sports development?

# Increasing participation

THIS GIRL CAN

The initiatives aimed at increasing participation vary depending upon what type of activity is likely to be appealing to and appropriate age group.

For example, activities aimed at elderly age groups are likely to be less physically demanding.

# So the big question...

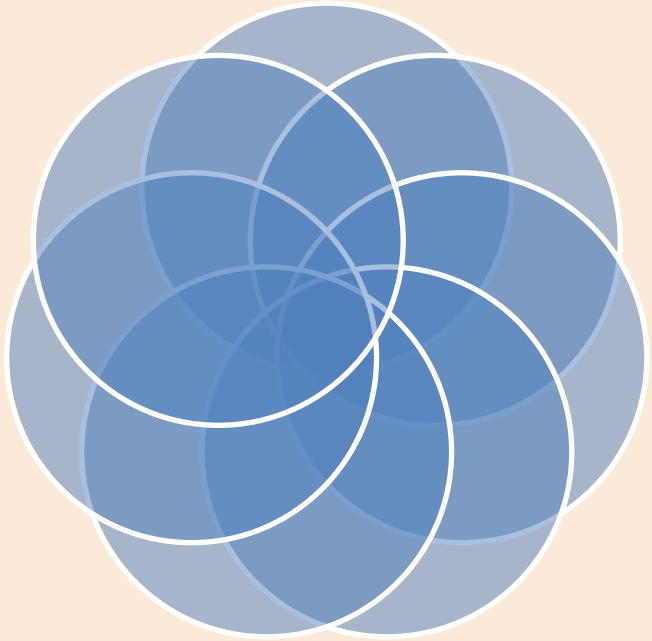
How can you increase participation in sport?

# With that in mind, who may need to be encouraged more to participate?

## Target groups

# Target Groups

2.4 Target groups, i.e.



female

Elderly

disabled people

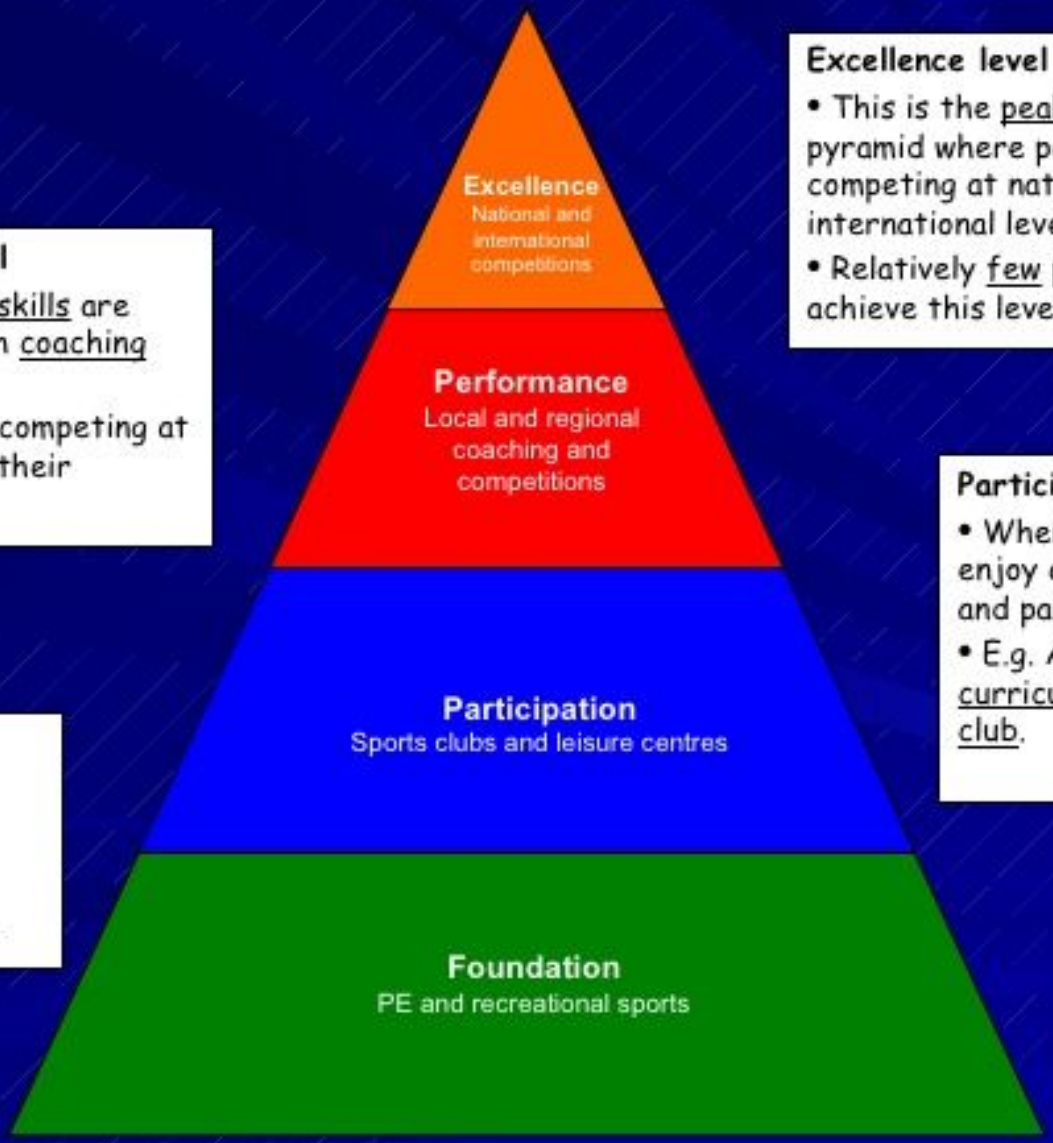
different age groups,
i.e. young children
(e.g. 0-10 year-olds)

different ethnicities
and cultures

# Examples

# 2 • The sports participation pyramid

The sports participation pyramid is a model of sports development. It identifies the different groups of performers at each level giving them a clear pathway to the top.




**Excellence level**

- This is the peak of the pyramid where people are competing at national and international level.
- Relatively few performers achieve this level.

**Performance level**

- Where specific skills are developed through coaching and competition.
- Performers are competing at regional level for their clubs.

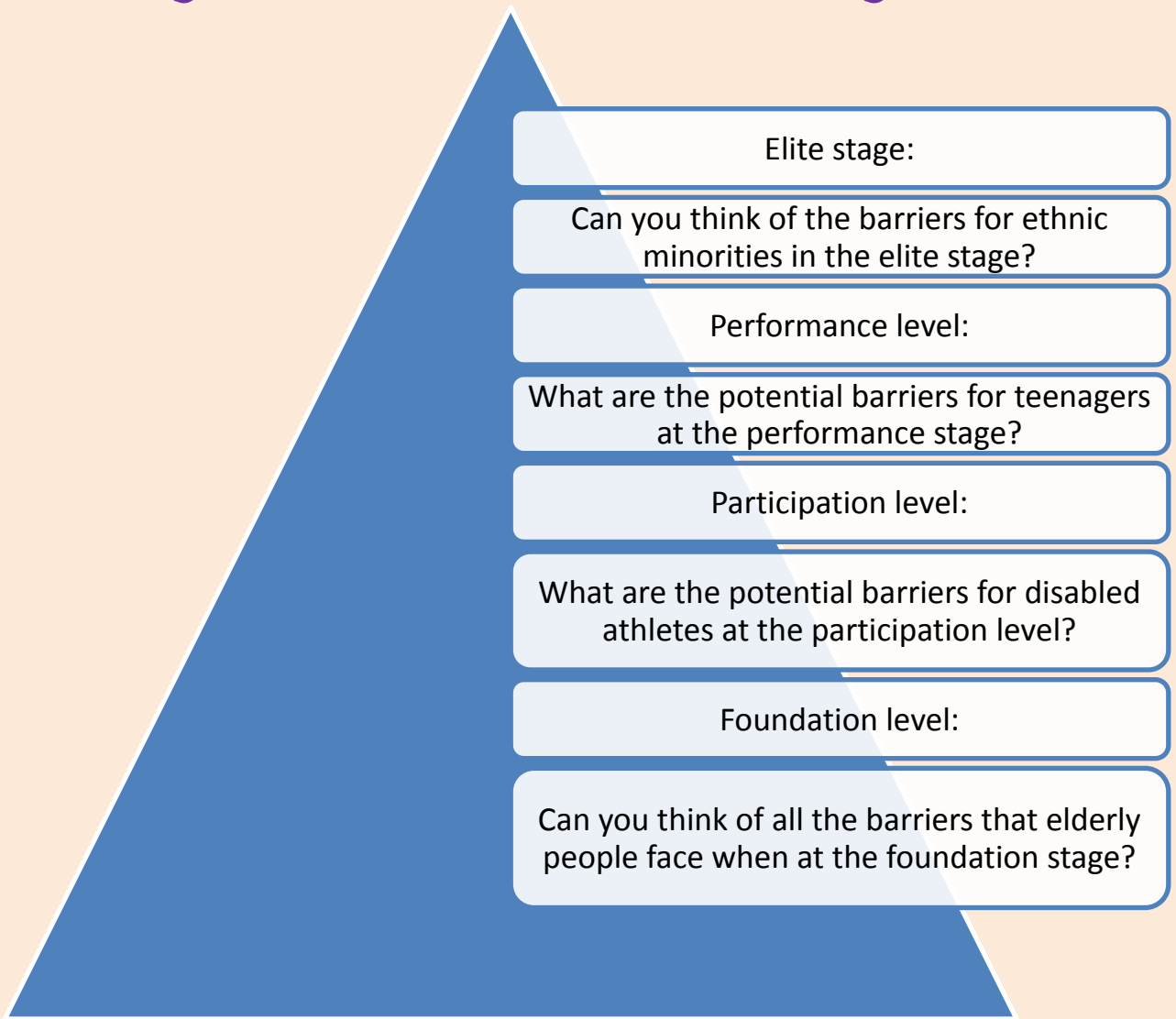
**Participation level**

- When young people start to enjoy a specific activity and participate in it regularly.
- E.g. Attending an extra curricular sports club.

**Foundation level**

- An introduction to the activity.
- Basic skills are learnt.
- E.g. Primary PE lessons.

# What are the barriers at each stage? Higher order thinking



Elite stage:

Can you think of the barriers for ethnic minorities in the elite stage?

Performance level:

What are the potential barriers for teenagers at the performance stage?

Participation level:

What are the potential barriers for disabled athletes at the participation level?

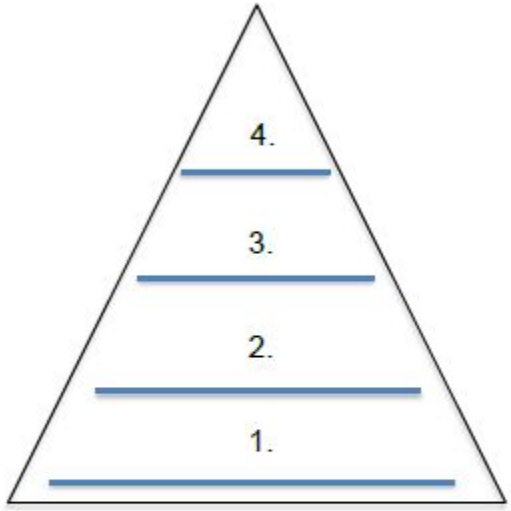
Foundation level:

Can you think of all the barriers that elderly people face when at the foundation stage?

# Participation pyramid

4

(c) The following diagram below is known as the sports development continuum. Identify the **four** stages of the continuum.




1 .....

2 .....

3 .....

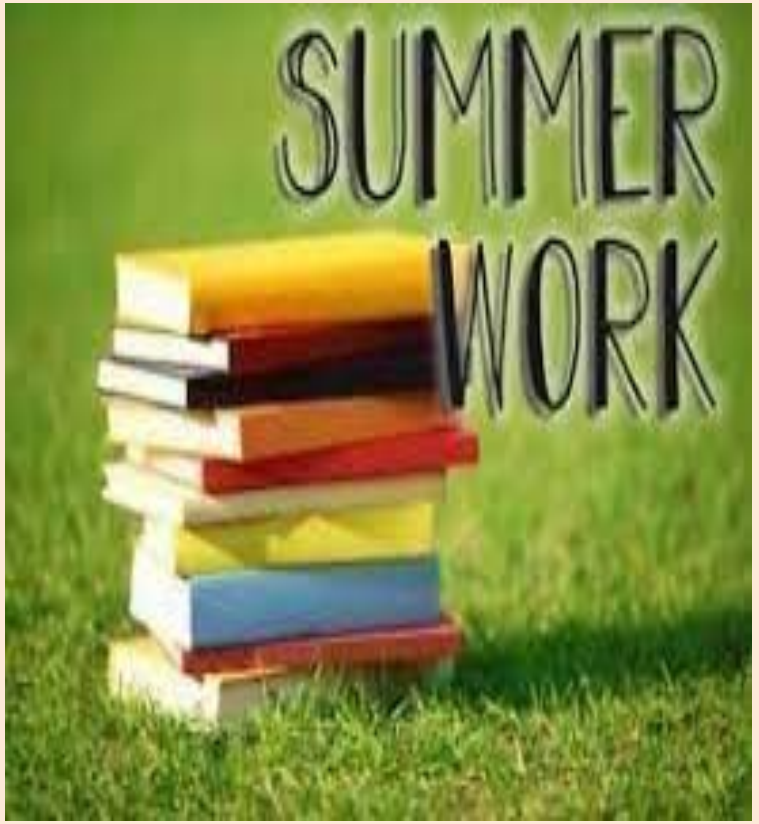
4 .....

[4]

# Summer work

Location – google drive

Two separate pieces of work to be completed, one for Miss Loveland and one for Miss Webb.



# Preparation for Ctech Sport Miss Webb

**A-Level Topic:** Ctech Sport – Unit 3 Miss Webb

**Key Question: What is the journey from beginner to elite athlete?**

**Key Terms:**

**Sports development:** Sport development is the promotion of sports activities for the community.

**Elite athlete**: elite athlete a person who is currently or has previously competed as a professional player or a national or international level player.

**Sports development continuum**: The sports development continuum is a model that represents a persons' involvement in sport by what stage they're performing at.

| What to watch | What to read | What to do |
|---|---|---|
| What makes an elite athlete:<br><br>https://www.youtube.com/watch?v=WhEQ6K8Ad8w<br><br>The sports development continuum:<br><br>https://www.youtube.com/watch?v=zr2q4_2gwDs<br><br>Jessica Ennis documentary – school girl to Olympian, her story:<br><br>https://www.youtube.com/watch?v=a4D6PNI6GQ8<br><br>Anthony Joshua documentary – I was born to win:<br><br>https://www.youtube.com/watch?v=05UMW-A1cyY | Information on each stage of the sports development continuum:<br><br>https://learnzone.loucoll.ac.uk/sportres/CourseGenie/Sport/2009-10/AASENatCert/NC05_SportsDevelopment/NC_SportsDevelopment_01Mod/NC_SportsDevelopment_01Mod_02.htm<br><br>Summary of the continuum:<br><br>https://www.howandwhat.net/what-is-the-sports-development-continuum/<br><br>Can anyone become and elite athlete?<br><br>https://www.kcl.ac.uk/news/spotlight/can-anyone-become-an-elite-athlete-2 | • Select a famous professional athlete of your choice.<br><br>• Describe each level of the sports development continuum (foundation, participation, performance, excellence). See diagram below and videos/website links to develop your understanding.<br><br>• Describe in detail what type of training / competition (school, local, regional, etc) your chosen athlete would have been doing at each stage of the continuum.<br><br>• Please explain what sporting clubs they belonged to at each level of the continuum.<br><br>• Mention any stand out achievements/awards your chosen athlete has received.<br><br>• Add pictures to support your description. |

# Miss Webb - What to submit

A word document report:

Label your work: Ctech Sport, Miss Webb, Unit 3 L02 – 2.3

Use headers to break up each of the 4 sections of the continuum: foundation, participation, performance and excellence.

Research as much as you can about your chosen athlete but please do not just copy and paste information directly. Your work should demonstrate that you have an understanding of how you progress as an athlete from school sport to international level.

Include a diagram of the sports continuum (example below) within your work as well as pictures of your athlete.

Any queries please email: hannah.webb@lordgrey.org.uk (You can email your work or submit through google classroom).

# Preparation for Ctec Sport - Unit 1 - [redacted]

**Topic:** Anatomy and Physiology

**Key Question: the human body is able to perform countless movements and actions. How is this able to occur, when bones are rigid.**

| What to watch | What to read | What to do |
|---|---|---|
| Structure and Functions of the skeletal system<br>https://www.youtube.com/watch?v=-lrKDRAbP38<br><br>https://www.youtube.com/watch?v=RxprXjSybhI<br><br>Joints<br><br>https://www.youtube.com/watch?v=LqCkvj0fTj0<br><br>https://www.youtube.com/watch?v=bfiUnhAHt8Q<br><br>Major bones in the skeleton + Axial and appendicular skeleton<br><br>https://www.youtube.com/watch?v=LMZStgTd-Tw<br><br>https://www.youtube.com/watch?v=nDY_pA8yntE<br><br>Movements possible at joints<br><br>https://www.youtube.com/watch?v=aRaLjN2cTYo<br><br>https://www.youtube.com/watch?v=oA6HiaV1RlU<br><br>https://www.youtube.com/watch?v=0cYaI_hitz4 | Read the specification pages 2-5 . (see link below)<br><br>https://www.ocr.org.uk/Images/258723-body-systems-and-the-effects-of-physical-activity.pdf<br><br>https://www.bbc.co.uk/bitesize/guides/zq3sbk7/revision/1<br><br>https://biologydictionary.net/skeleton/<br><br>https://opentextbc.ca/anatomyandphysiology/chapter/6-3-bone-classification/<br><br>https://www.bbc.co.uk/bitesize/guides/zxc34j6/revision/2<br><br>https://www.teachpe.com/anatomy-physiology/axial-appendicular-skeleton | To help you complete the task below answer the following questions.<br><br>1. What are the sections of the skeleton and how do their roles differ.<br><br>2. What are the major bones in the body (see specification) and how are these classified. Do different types of bones have different roles.<br><br>3. How does the body move. What ranges of movement does each joint have? |

# Miss Loveland - What to submit

A report on how the structure of the human skeleton enables us to move effectively. This should include the functions of the skeleton, the different parts of the skeleton (axial and appendicular).

This report could be done in a powerpoint presentation (no more than 15 slides), or a video presentation (max 2 minutes), or a word document (no more than 3 sides).