



St George's Academy

aiming high to achieve excellence for all

Cambridge Technical in Sport and Physical Activity (Single)

TASK TWO

Transition Pack

Course Information and Summer Activities

Note: To be completed summer 2018

Read through the enclosed resources and complete the tasks / questions where necessary.

At the beginning of the year 12 course you will be assessed on your knowledge and understanding of these areas.

The mark that you achieve within this piece of coursework will act as an indicator as to your suitability to the Cambridge Technical in Sport course.

Cambridge Technical Diploma in Sport and Physical Activity (Single)

This is equivalent to 360 guided learning hours and to one A level. You will cover 5 different units, two of which being externally assessed. The course provides you the opportunity to develop core specialist knowledge in the sport and physical activity sector.

The units you will cover are:

- Unit 1 – Body systems and the effects of physical activity (externally assessed)
- Unit 2 – Sports coaching and activity leadership
- Unit 3 – Sports organisation and development (externally assessed)
- Unit 17 – Sport injuries and rehabilitation
- Unit 18 – Practical skills in sport and physical activities

Unit 1 – Body systems and the effects of physical activity is one of the bigger units you will study and will take 90 guided learning hours to complete. You will sit an exam that will last 1 hour 30 minutes and you have the opportunity to gain 70 marks. It is a written paper and comprises of short answer and questions requiring a more extended response.

Unit 3 – Sports organisation and development will take 60 guided learning to complete. This is exam is shorter, only lasting 60 minutes and you have the opportunity to gain 60 marks. Again it is a written paper comprising short answer and extended responses.

You need to pass the examined units to pass the course.

Unit 2 – Sports coaching and activity leadership

Lesson 1- Introduction to Leadership

Learning Objectives

Identify the characteristics of effective leaders
Discuss the impact of leaders on promoting healthy and active lifestyles
Explain the three different leadership styles and when each would be used
Evaluate the importance of each leadership style

STARTER TASK: What are the characteristics of effective leaders?



Are there any similarities between these leaders?

Characteristics of effective leaders:

What makes a leader effective? Why are these characteristics important?

Effective Leaders

The role of leaders in promoting healthy lifestyles:



Leadership styles

	<u>Autocratic</u>	<u>Democratic</u>	<u>Laissez-faire</u>
Description:			
Used when:			

Session details	Date:	Time:	Location:	
Participant details	Number:	Level:	Sex:	G&T:
Learning outcomes (by the end of the session ... will be able to)	All	•		
	Most	•		
	Some	•		

Component	Time	Activity (description and diagrams) Recommended whole-part-whole structure	Coaching points and/or questions	Differentiation (for G&T)		
				Organisation (group/space/role)	Content (acceleration/level)	Presentation (style/questions)
Warm-up						
Main Game Breakdown activity Game return						
Cool-down						

Equipment list	
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