



Sport at S6C

Year 12 Summer Work

CTEC Sport Level Three

Please have a read of the following document to familiarise yourself with the different command words that you will need to know and use throughout your CTEC Sport course.

<https://www.ocr.org.uk/Images/273311-command-verbs-definitions.pdf>

Next use a word or google doc to type up the answers to the questions on the next slide.

Read the section on the skeleton in this document and answer the questions below:
https://www.pearsonschoolsandfecolleges.co.uk/FEAndVocational/SportsStudies/Alevel/OCRALevelPE2008/Samples/SamplepagesfromOCRASPEStudentBook/chapter1_sample.pdf

1. **Identify** five major bones in the body
2. **Define** the terms axial skeleton and appendicular skeleton
3. **Describe** the structure of a long bone
4. **Research** and **describe** the other four types of bones
5. **Explain** the three different types of joint classification
6. Watch the following video and **analyse** what movements are taking place in different joints during the run up and the jump (use the correct movement terms)



Additional Reading

You may want to purchase this book to help with your sport studies in year 12 and 13:

<https://www.amazon.co.uk/Cambridge-Technicals-Level-Physical-Activity/dp/1471874850>

Revising your anatomy notes from GCSE and completing these revision activities will help you with unit one which we will start in September:

<https://www.bbc.co.uk/bitesize/topics/zxq7j6f>

The **Game Changers Documentary** is worth watching if you have access to Netflix