**Task Instructions - L3 OCR Technical in Sport**

To help you understand what is involved and help you prepare for Yr 12, we have provided some research tasks below for you to do before September.

If you do these it will put you in a strong position for when you start the course and make things easier for you long term.

**Level 3 OCR Sport (A Level equivalent)**

Prepare for units in Anatomy and Leadership (Core Year 12 units).

1. **Anatomy Unit Preparation(Topic list attached):**

This unit has an exam which you will take in year 12.  It focuses on the science of the human body and how this applies to sport. A Topic list is provided.

* Task 1 - Read the revision guides for Skeletal System & Muscular System.
* Task 2 - Attempt the tasks at the end of each booklet.
* Task 3 – Recap & memorise the names of bones and muscles outlined in the revision guides.
* Task 4 - Use GCSE Bitesize to revise and research the skeletal and muscular systems. This helps bridge the gap between KS4 and 5. GCSE Bitesize Link: <https://www.bbc.co.uk/bitesize/topics/zqjqwxs>

**2. Leadership Unit Preparation:**

A key unit in the sport course is Leadership, this involves coaching younger students.

On the course you will need to plan and lead 6 sessions, so start by considering activities in a range of skills (passing, shooting, dribbling etc.) that will help young children improve.

* Task 1 - Choose a sport that you are most knowledgeable in and plan a session, including training drills, practices and activities you could teach to Primary students.