

Links to Year 11 Topics

ALL PRACTICAL AREAS LINK  
TO UNIT 5 AND 18 FOR OCR  
CTECH LEVEL 3 SPORTS AND  
PHYSICAL ACTIVITY COURSE



Half  
Term  
6

P1 = Warming up, Cooling Down, Training Sessions (U2 & 17) and Data Analysis (U5)  
Parts of a warm up and cool down and quantitative and qualitative data.

Assessment

Reading of Exam Questions  
Links to maths.

Half  
Term  
5

P1 = Types of Training, Principles of Training, Training Thresholds (U7, 13 & 14) and

Preventing Injury (U17)

Training methods, SPORT and how to prevent injury.

Reading of Exam Questions  
Links to maths.

Half  
Term  
4

P1 = Health and Fitness, Components of Fitness and Fitness Tests (U7, 13 & 14)  
Health and fitness, different components of fitness and how to measure them and normative data.

Assessment

Reading of Exam Questions  
Links to maths.

Half  
Term  
3

P1 = Levers, Mechanical Advantage and

Planes and Axis (U10)  
Lever systems and planes and axis in sporting actions.

Reading of Exam Questions  
Links to physics science.

Half  
Term  
2

P1 = Aerobic, Anaerobic, Effects of Exercise (U1) and Types of Movement (U10)

Aerobic and anaerobic respiration, EPOC, short and long-term effects and different movements.

Assessment

Reading of Exam Questions  
Links to science.

Half  
Term  
1

P1 = The Structure and Role of the Skeletal System, Muscular System and Cardiorespiratory System (U1)

Bones, muscles, cardiovascular and respiratory system.

Reading of Exam Questions  
Links to biology science.



Units of Work

Assessment Points Cross Curriculum Links

Key Knowledge & Skills

Active Reading