

Links to Year 12 Topics CTECH

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



Half
Term
6

Half
Term
5

P1 & P2 = Revision

Paper 1 and paper 2 content.

Reading of Exam Questions

Links to technology, psychology and food.

Half
Term
4

P2 = Somatotypes, Nutrition and Water
Balance (U12)

Endomorph, ectomorph, mesomorph,
carbohydrates, fats, protein, hydration and
dehydration.

Assessment

Reading of Exam Questions
Links to food.

Half
Term
3

P2 = Drugs, Spectator Behaviour and
Hooliganism (U20), Benefits of Exercise (U11)
and Obesity (U12)

Prohibited substances, performance
enhancing drugs, spectator
behaviour, hooliganism, benefits
of exercise and obesity.

Reading of Exam Questions

Links to food.

Half
Term
2

P2 = Personality Types,
Motivation, Social
Groups (U19),
Commercialisation
(U21), Technology (U5)
and Conduct (U20)

Introvert and extrovert
personality, gender,
age, ethnicity,
disability, family and
types of media,
sponsorship,
technology and
conduct.

Assessment

Reading of Exam
Questions
Links to technology
and psychology.

Half
Term
1

P2 = Skill (U2), Goals, Targets, Information
Processing Models, Guidance, Feedback,
Arousal and Aggression (U19)

Skills classification, ability, SMART targets,
types of guidance, internal and extrinsic
feedback, theories of arousal and direct
and indirect aggression.

Reading of Exam Questions

Assessment Points Cross Curriculum Links



Units of Work

Key Knowledge & Skills

Active Reading