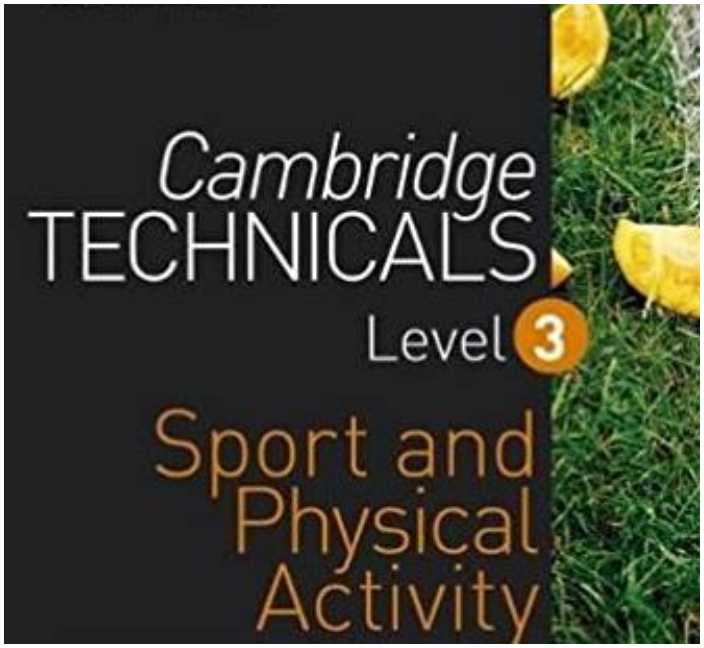
Year 11 Bridging Work

The Cambridge Technical Diploma in Sport



Basic information

The Level 3 Cambridge Technical Diploma is equivalent to 2 A Levels and covers a range of theoretical and practical issues from the world of sport.

Details of the mandatory modules and optional modules can be found here.

What will this work cover?

This *bridging work* will give you the opportunity to explore the basic concepts and topics within 4 modules that we will cover over the next two years:

- Performance analysis in sport and exercise
- Sports organisation and development
- Sports coaching and activity leadership
- Sport and exercise psychology

Obviously, the current circumstances dictate that this work cannot be particularly interactive or 'practical' but hopefully it gives you a flavour of the sorts of things that we will cover throughout the two years….when we return to school, there will most certainly be lots of practical lessons as well!

Enjoy!

Mr Raymen and Mrs Edwards

Unit 5: Performance analysis in sport and exercise

Task 1

When we look at how athletes perform, we look at 2 main concepts:

1. Performance profiling
2. Performance analysis

Visit the two links shown below and make your own notes on each.

Write a summary sentence or paragraph that highlights the major difference between the 2 concepts.

Performance analysis

Performance profiling

Task 2

Click on this link and read the work on *performance profiling.* Create a table similar to the one shown below and make a bullet point list of all the *benefits* for an athlete of using this method.

Strengths	Weaknesses
e.g. increases the athlete's self awareness of performance	

Task 3

Re-visit the previous link on performance profiling and focus specifically on the section sub-titled: **The Method.**

What are some of the negative aspects of using this method to help an athlete analyse their own performance? Write your ideas in the *weaknesses* section of your table.

Tip- *think about;* *performer motivation, quality of the athlete-coach relationship, the athlete's opinion about themselves, athlete's value of the process, accuracy.*

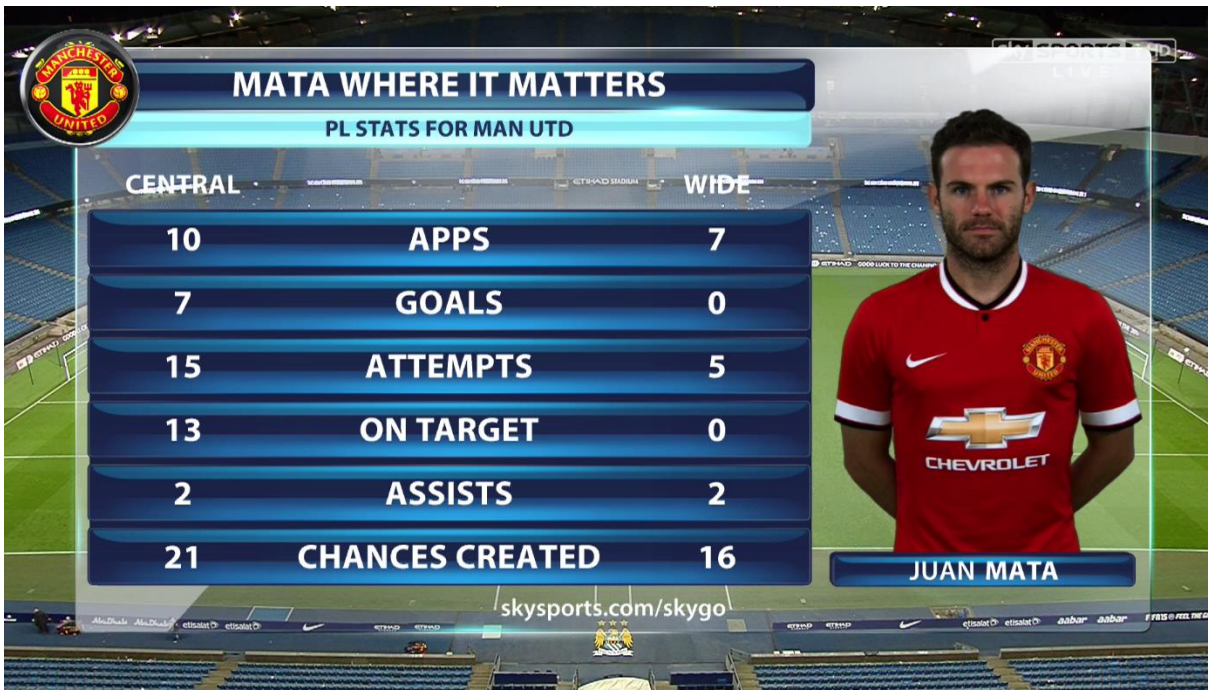
If you get stuck for ideas, visit this link for a helping hand.

Task 4

We will now look at *analysis of performance* which is essentially the methods we use to investigate actual sports performance, often using statistics and observations to identify areas of strength and weakness.

Notational analysis is the process by which a coach or statistician will take notes during a live or recorded performance to identify areas of strength and weakness in different categories for an individual performer or an entire team.

If you have watched any sport on TV, you will have seen examples of notational analysis pop up on screen to illustrate how a player or team is performing.



By creating categories like the ones shown in the example above, a coach can receive immediate feedback on how often a player or team is un/ successful in different aspects of competition.

*Pick your favourite sport and find some footage online of a competitive match/event. Devise your own categories for that team or a specific player and complete your own notational analysis over a 15-20 minute window.

Tip: some typical categories might include- touches, passes attempted, passes completed, defenders beaten, tackles/ interceptions, shots attempted, successful shots/ on target/ goals.

**If you are struggling to do this, then access this clip of an Andy Murray vs. Novak Djokovich tennis match. Write out the table below and complete your analysis across a 10 minute period for one of those players.

1st serves in	2nd serves in	Points won on 1st serve	Points won on 2nd serve	Double faults	Forehand winners	Backhand winners	Unforced errors

Unit 3: Sports Organisation and Development

In this unit, you will explore the different organisations involved with the delivery and management of sport. Some of these will focus on sport and health as a whole, while others will look at specific sports. We will focus on how these organisations are run, what their roles and responsibilities are, as well as how they achieve their goals.

Task 1

To start with, watch this clip of a lesson delivered at another school, on *Sports Organisation and Development.* Make your own notes and complete the tasks set.

Task 2

National Governing Bodies (NGBs) are responsible for the overall management of specific sports e.g. The FA for football, The LTA for tennis, England Basketball etc.

Visit the links below and create your own poster for each, focusing on the following:

- What is their main goal, objective, ethos or *mission statement?*
- Give an example and short description of an initiative they run that focuses on *grass roots*
- Give an example and short description of an initiative that focuses on a *target group; girls, the elderly, black and minority ethnic groups, young people etc.*
- How do they support the most elite athletes in their sport?

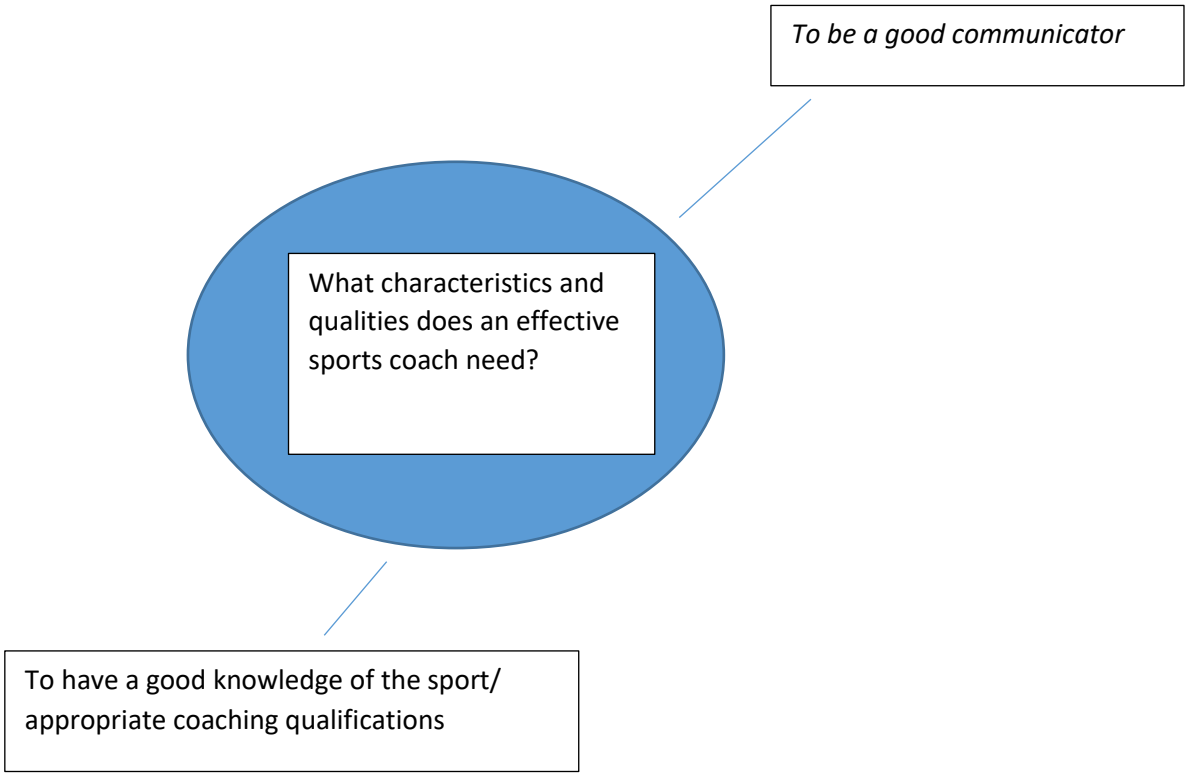
- The FA
- England Netball
- The RFU

Unit 2: Sports coaching and activity leadership

This unit will involve you analysing the roles, responsibilities and characteristics of an effective sports coach or leader. There will also be a practical element that will require you to lead your own sports session with a small class.

Task 1

Think about the characteristics and qualities of an effective sports coach and make a list of these using a bubble diagram as show below (…I've given you a couple of examples to help get you started):



Task 2

Pick a sports coach or leader that you are familiar with (it could be your favourite professional football manager, your own coach or PE teacher etc.) and describe 3 characteristics they have that make them effective in their role. Provide examples of what they have done to support your statements.

Task 3

Watch the video link below and make your own notes on all of the *organisational* factors that the coach has to consider and plan for. *Think about: how does he make it safe? What does he need? How does he organise the area?*

https://www.youtube.com/watch?v=wlTb-A_C-2Y

Task 4

Watch the two video links below. They show the same coach delivering 2 different sessions.

Explain which session you think is of better quality. Refer to:

- Quality of communication
- Level of difficulty
- Pace of lesson
- Safety
- Organisation

Session 1- https://www.youtube.com/watch?v=uKpMfOqFQMA

Session 2- https://www.youtube.com/watch?v=8zilkaN4lFw

Unit 19: Sport and exercise psychology

For this unit, we have compiled a number of wider reading opportunities. These include online articles, interviews with pro-athletes, podcasts and videos.

Sports psychology is arguably one of the most interesting units to study, so why not delve into some of these opportunities to improve your knowledge of this fascinating topic.

Sport and Exercise Psychology **Useful Links to Further Research**			
What should I watch/read?	What does it tell you/give you assess to?	What is the format?	Where can I get it?
The Guardian Sport	Lots of information ranging from sports psychology to sports nutrition from a variety of different sports.	Articles, videos and podcasts available	https://www.theguardian.com/uk/sport
Believe Perform	The world leading source on sports psychology, well being and mental health.	Articles, courses, topics and infographics	http://www.believeperform.com
Peak Sports	Learn how to improve your mental game, Information for athletes and coaching to get the best out of them for peak performance.	Articles, watch videos and listen to podcasts.	http://www.peaksports.com
FourFourTwo	Keep up with all the latest news and action in football.	Interviews, articles, news, long reads and quizzes.	https://www.fourfourtwo.com/performance/psychology
Chimp to Champ	Read the article and highlight any significant **quotes/facts/examples** about how psychological pressures can affect your sporting performance.	Article	https://www.thedrum.com/news/2016/04/15/chimp-champ-neuroscientist-s-advice-marketers