

**CAMBRIDGE NATIONALS**  
**SPORT AND PHYSICAL ACTIVITY – LEVEL 3**

**UNITS:**

- **Sports Coaching and Activity Leadership**
- **Body Systems and the Effects of Physical Activity**
- **Sports organisation and development**
- **Practical skills in sport and physical activities**
- **Organisation of sports events**



# **Body Systems and the Effects of Physical Activity**

Understand the skeletal system in relation to physical activity

Title: Identification of the axial and appendicular skeletons

**(i) Label the diagram below with all the major bones in the skeleton.**

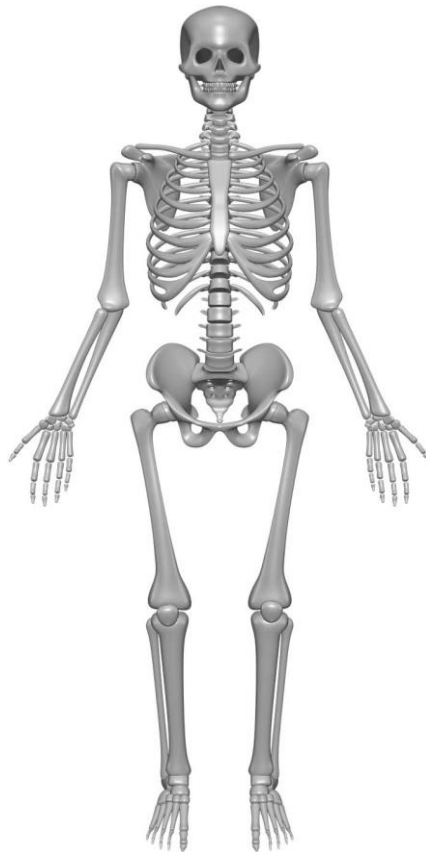
Use the following resource to help you

[http://www.bbc.co.uk/science/humanbody/body/factfiles/skeleton\\_anatomy.shtml](http://www.bbc.co.uk/science/humanbody/body/factfiles/skeleton_anatomy.shtml)

**(ii) Use two different colours to highlight the axial and appendicular skeleton.**

The following video will help you complete this task.

<https://www.youtube.com/watch?v=DLxYDoN634c>



<b>What is the function of the skeleton?</b>	<b>How does the function help the performance of a sports person?</b>
Protection	The cranium protects the brain when heading a football.

## Sports Development & Organisation

Research one of the sports development initiatives listed below and answer the following questions:



I have decided to research: .....

What is the aim of the initiative?	
Name the target group for the initiative.	
Who is responsible for running the initiative?	
How much funding is available?	
How is the success of the scheme measured?	

## Practical Skills in Sport and Physical Activity

**Be able to officiate in sport and physical activity:** Apply rules and regulations relevant to the sport or physical activity and the role.

Task: Watch the link below (World Cup 2018 Final; watch a 30-minute section) and complete the questions about the official.

<https://www.youtube.com/watch?v=7Fau-lwbuJc>

Referee's Name: \_\_\_\_\_

1 = Insufficient 2 = Needs Improvement 3 = Meets Requirements

4 = Exceeds Requirements 5 = Excellent

- |                                  |           |
|----------------------------------|-----------|
| 1. Good use of the whistle       | 1 2 3 4 5 |
| 2. Was the referee confident?    | 1 2 3 4 5 |
| 3. Positioning                   |           |
| • Keeps up with play             | 1 2 3 4 5 |
| • Proper Hand Signals            | 1 2 3 4 5 |
| 4. Communication                 |           |
| • With Players                   | 1 2 3 4 5 |
| 5. Control of Game               | 1 2 3 4 5 |
| 6. Recognizing a foul            | 1 2 3 4 5 |
| 7. Knowledge of the Rules        | 1 2 3 4 5 |
| 8. Was the referee professional? | 1 2 3 4 5 |

Conclude the referee's performance:

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### VAR IN FOOTBALL

Evaluate the role and functionality of VAR in the aid of match game officials in professional football; using your own opinions and previous experiences, state whether VAR has positively or negatively impacted the game.



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