



RESOURCES LINK LEVEL 2

VERSION 1 DECEMBER 2012

SPORT

Level 2 and Level 3

OCR 

WELCOME

Resources Link is an e-resource, provided by OCR, for teachers of Cambridge Technicals in Sport. It provides descriptions of, and links to, a variety of teaching and learning resources that you may find helpful.

In Resources Link you will find details of OCR's own support materials along with information about publisher partner, endorsed and other independent resources.

Where appropriate, we have mapped the resources to the OCR specifications, and provided information about their cost and format.

If you know of other resources you would like to see included here, or discover broken links, please let us know. We would also like to hear from you if you have any feedback about your use of these, or other, OCR resources. Please contact us at resourcesfeedback@ocr.org.uk

Types of Resource

OCR Produced Resources

These are resources devised and produced directly by the Resources Development Team at OCR.

Publisher Partner Resources

For many subjects OCR works with a publisher partner to ensure that good quality resources such as textbooks are available for first teaching.

Whilst the publisher partner has access to our subject experts and we quality check and endorse these resources they are produced by, and remain the property of, the publisher partner. There is no financial link between OCR and its publisher partners and we do not pay for the development of, or receive any royalties from, these resources.

Endorsed Resources

These resources were produced entirely independently of OCR, but we have quality checked them for their suitability as a resource to support our qualifications.

Other Resources

Unless specifically stated these resources are completely independently produced and are not endorsed by OCR. We have looked at them though, and we think they could be useful in supporting our specifications.

We leave it to you, as a professional educator, to decide if any of these resources are right for you and your students, and how best to use them.

You can now [click here](#), if you want to see an index of all resources mapped to subject topics.



Sports skills

Sports Skills: The 7 Skills Steps You Must Master in Every Sport.

by Wayne Goldsmith on August 3, 2012 in Skills Development

Every coach, every athlete, every media commentator and every fan will tell you that the fundamental element of all sports is **skill**.

Kicking and passing in football.

Throwing and catching in cricket and baseball.

Diving, turning and finishing in swimming.

Tackling and passing in rugby and rugby league.

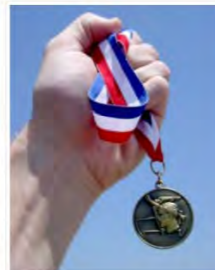
Passing and shooting in basketball and netball.

Learning, practicing and mastering the basic skills of sport is one of the foundations of coaching, sports performance and athletic training.

However, just **learning** the skill is only the first step in the process.

Only fools believe that "Practice Makes Perfect" if the goal is to win in competition.

Athletes do not fail because their skill level is poor: **they fail because their ability to perform the skill in competition conditions is poor** and that's a coaching issue.



This website explains the seven steps to successful skill development in any sport.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 1: Practical Sport

Cost: Free

Format: Website, with free login

www.sportscoachingbrain.com/sports-skills

If you know of any resources that you think should appear here, or if you identify broken links please let us know. We would also like to hear from you with your feedback about your use of any of the resources listed here. Please contact us at

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Sports: The complete visual reference

Sports: The Complete Visual Reference



A comprehensive reference to 125 amateur and professional sports. This book explains the games' history, rules, strategies, techniques, facilities and equipment. In addition, there are analyses of changes in technology and comparisons of performance over the years. Athlete profiles that list physical and mental requirements for each sport are invaluable guides for young athletes choosing a sport.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 1: Practical Sport

Cost: Approx £15

Format: Book

www.amazon.co.uk/dp/1552978079

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Rules of sport

Rules of Sport

The Rules for Sports and Games

The following pages have some rules of specific sports - they range from basic instructions to detailed rules. See also the pages on [Sports Equipment and Facilities](#), which have the dimensions and other measures for sports.

- Badminton
- Basketball
- Baseball
- Cricket
- Football (Soccer)
- Football (American)
- Golf
- Netball

This website gives the basic rules, equipment, playing area dimensions and other relevant information on a range of different sports.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 1: Practical Sport

Cost: Free

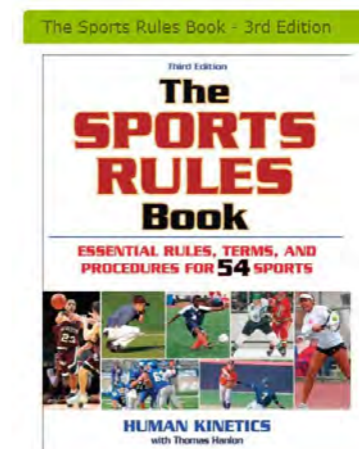
Format: Website

www.topendsports.com/resources/rules

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The sports rules book



From alpine skiing to wrestling and all sports in between, this all-inclusive resource covers 54 sports. Readers will quickly glean information on each sport's origin and history, basic procedures, terminology, equipment, competitive playing areas, scoring systems, player positions and primary features, common rule violations and their consequences plus officials' signals.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 1: Practical Sport

Cost: RRP £15.99

Format: Book

www.amazon.co.uk/dp/0736076328

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Roles of the official

Roles of the official

Sports officials must be able to bring control to chaos, understand fairness, promote safety, and encourage good sportsmanship. A sports official must have the positive characteristics of a police officer, lawyer, judge, accountant, reporter, athlete, and diplomat.

A good sports official is also someone who can be put in a position of authority and handle the responsibility without being overbearing.


In this learning area you'll find more information on the roles of the official and the code of conduct that all officials must adhere to.

You'll also find links through to each national sports organisation (NSO), which provide specific information on the disciplinary procedures for your sport.

Along with the rules of the game, you must fully understand your role before, during, and after the game has ended.

1. What is expected of you as an official?

Being an official is an extremely important role in any sport. Without officials giving up their time, most sporting competitions would be unable to function. Officiating can be challenging, and unfortunately some officials are subjected to hostile behaviour by participants, spectators and others. Officials need to be able to perform their role in a positive manner, and block out



This website gives a clear and comprehensive overview of the roles and responsibilities that are relevant for all sports officials.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 1: Practical Sport

Cost: Free

Format: Website
www.sportnz.org.nz/en-nz/communities-and-clubs/Toolkit-for-Officials/Roles-of-the-Official

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Links to national governing body websites

Rambling	Ramblers Association Long Distance Walkers Association
Real tennis	Tennis and Rackets Association
Roller sports	British Roller Sports Federation
Rounders	Rounders England
Rowing	British Rowing
Rugby league	Rugby Football League
Rugby union	The Rugby Football Union
Sailing and yachting*	Royal Yachting Association
Sand and land yachting	British Federation of

The Sport England website lists the sports that it recognises and has links to the official NGB(s) for each of these sports.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 1: Practical Sport

Cost: Free

Format: Website
www.sportengland.org/our-work/national-work/national-governing-bodies/sports-that-we-recognise

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Sport and fitness finder



SPOGO is Sport England's activity finder website. It brings together 35,000 sports, leisure centres and personal trainers in the same place for the first time. Simply search by venue or activity, location or postcode to find activities in your local area.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 1: Practical Sport

Cost: Free

Format: Website

<https://spogo.co.uk/>

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Sports Coach UK



Sports Coach UK is the one stop shop for anyone who coaches or is interested in becoming a coach. The website includes a workshop finder for those looking for coaching related courses.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 1: Practical Sport

Cost: Free

Format: Website

www.sportscoachuk.org

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Sports analysis apps

3. **Coaches eye** (£2.99) is a new App from america that lets you review performances, rewrite and edit in a really funky looking app! Definatly a new favourite of mine and I am sure it will be a hit with the pupils. Virtually any sport or activity can be recorded and reviewed with Coach's Eye. Simply record a video of the athlete in motion, slow it down to offer a verbal and visual feedback about form, technique, or anything else you might see. Share reviewed videos with your athlete or entire team to help them improve their skills. You can even share out when athletes have great form, so they can bask in their glory over and over again.

Watch the youtube video post [here](#).

Read more about how it can be used in PE in my [recent blog post](#).

4. **BaM Video Delay** (£2.99) With this app you can simultaneously record and display delayed video. This means that a PE Teacher can have the app pointed towards any sort of discrete skill and after the skill has been completed the performer has adequate time to return to the screen to see their skill in action. Where this app takes it to the next level is its ability to allow a grid of 4 different video delay timers effectively creating 4 opportunities to view your performance (See the picture below). The user can then specify a different delay time for each grid and dynamically altering the delay by swiping up or down with their finger on the grid

5. **Swing Reader** (£1.99) This is listed as a Golf App but I don't see why it couldn't be used for any sport. This app is very different to the ones above, which looked at statistical analysis. Swing Reader looks specifically at video. You start the app, which launches a video recorder.

This webpage lists and assesses a variety of apps that learners could use to help them analyse performance.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 1: Practical Sport

Cost: Free

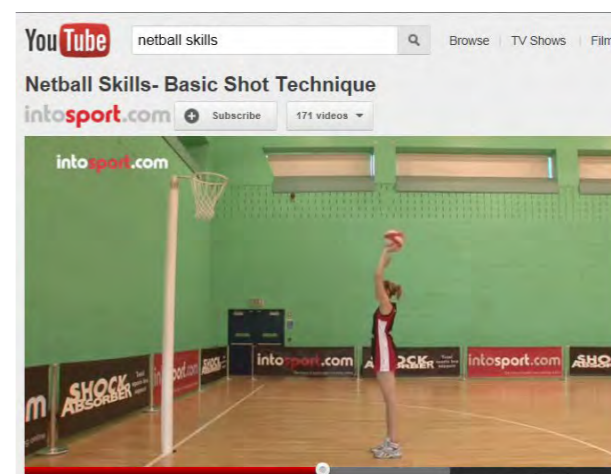
Format: Website

<http://handheldlearninginpe.com/sports-analysis-apps/>

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YouTube



YouTube has a whole host of video clips of various sports techniques and skills that learners might find helpful.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 1: Practical Sport

Cost: Free

Format: Website

www.youtube.com

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Movement analysis


Analysis of jumping

The action in jumping is one that takes place in a sagittal plane about a transverse axis and involves the hip, knee and ankle joints.

The bones of the hip involved are the femur and pelvic girdle which form a ball and socket joint.

The bones of the knee involved are the femur and tibia which form a hinge joint.

The bones of the ankle involved are the tibia and calcaneus which form a modified joint.



Joints involved	Action	Agonist Muscle
Hip>	Extension and hyperextension	Gluteal muscles (gluteus maximus and gluteus minimus) Hamstrings (biceps femoris, semimembranosus, semite

This resource gives an overview of the physiology of basic sporting movements including jumping, kicking, throwing and racket strokes.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 2: Anatomy and physiology for sport

Cost: Free

Format: Website

www.brianmac.co.uk/moveanal.htm#b

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The musculoskeletal system



The screenshot shows the TeensHealth website interface. At the top, there are navigation links for 'For Parents', 'For Kids', and 'For Teens'. A search bar is present. On the left, there is a sidebar menu with categories like 'Teens Home', 'Body', 'Mind', 'Sexual Health', 'Food & Fitness', 'Diseases & Conditions', 'Infections', 'Q&A', 'School & Jobs', 'Drugs & Alcohol', and 'Staying Safe'. The main content area features an article titled 'A BODY BASICS ARTICLE: Bones, Muscles, and Joints: The Musculoskeletal System' with a photo of a smiling woman. Below the title, there is a 'Listen' button and a 'See this article en Español' button. The article text begins with 'Every time you sprint through the halls because you're late for class, score against your opponents during a game, or shoot pool with friends, you're using your bones, muscles, and joints. Without these important body parts, you'd be seriously sidelined — you'd be'.

This website explains how the musculoskeletal system works and includes some great animated diagrams.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 2: Anatomy and physiology for sport

Cost: Free

Format: Website

http://kidshealth.org/teen/your_body/body_basics/bones_muscles_joints.html


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Different muscle types

Our bodies are made up of a variety of very large and very small muscles. From the powerful leg muscles that you use when you jump up and down to the tiny muscles that make your eyes blink, anytime you move, you are using muscles. In fact, as you read this article on our website you are using muscles to move your eyes back and forth. Scientists have estimated that about 40%, or almost half, of your body is muscle.



What Are These Things We Call Muscles

There are three different types of muscles within your body. Each muscle type is different because it has a different type of job to do. Each muscle type is specialized to perform the important tasks that keep you alive. These three muscle types are Skeletal Muscles, Smooth Muscles, and Cardiac Muscles.



This website gives a good overview of the three different types of muscles.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 2: Anatomy and physiology for sport

Cost: Free

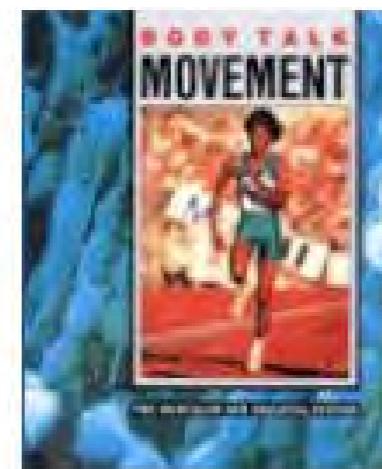
Format: Website

www.kidsbiology.com/human_biology/muscles.php

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Movement: The muscular and skeletal system: body talk



Describes the interactions of nerves, muscles, bones, tendons, and ligaments, various kinds of movements and discusses such related topics as avoiding injury, body language, and aging.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 2: Anatomy and physiology for sport

Cost: RRP approx. £10

Format: Book

www.amazon.co.uk/dp/0875185657

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Main muscles, types of muscle and muscle movements



This website is aimed at children and covers the basic information in a fun and easy to understand way. This resource also includes powerpoint presentations and quizzes.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 2: Anatomy and physiology for sport

Cost: Free

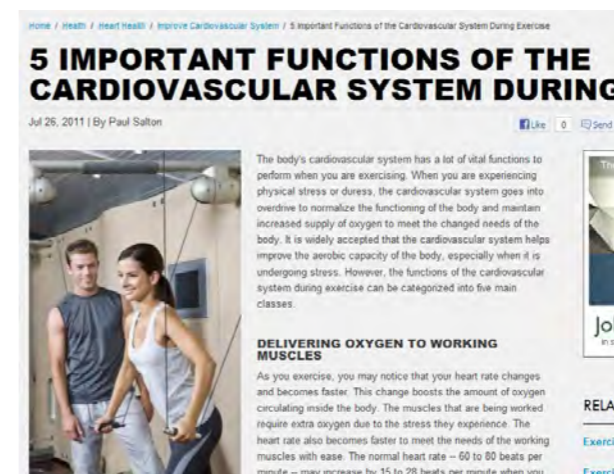
Format: Website

www.makemegenius.com

If you know of any resources that you think should appear here, or if you identify broken links please let us know. We would also like to hear from you with your feedback about your use of any of the resources listed here. Please contact us at

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The cardiovascular system during exercise



This webpage explain the five main functions of the cardiovascular system during exercise.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 2: Anatomy and physiology for sport

Cost: Free

Format: Website

www.livestrong.com/article/502349-5-important-functions-of-the-cardiovascular-system-during-exercise/

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Components of the cardiovascular system

The Heart

The heart is the center of the cardiovascular system; if it is injured or not working properly, then the rest of the system is going to fail also. The heart pumps the blood out to the body through blood vessels. The heart is composed of four chambers; the right atrium, the right ventricle, the left atrium and the left ventricle. Think of a one-way road. Blood comes into the right atrium through the superior vena cava and the inferior vena cava, where it then passes through the tricuspid valve down to the right ventricle. From the right ventricle, it flows up through the pulmonic valve, where it goes to the lungs. After reaching the lungs and ridding itself of the carbon dioxide, oxygen is then taken in, and the blood transports this oxygen-rich blood back through the pulmonary veins to the left atrium. From the left atrium, it makes its way through the mitral valve to the left ventricle, which releases it through the aortic valve to the aorta, where it then flows back out into the body to deliver the necessary oxygen and nutrients.

Arteries

Arteries carry the nutrient-rich, oxygenated blood out to the rest of the body. Each and every cell in the body receives this. Nutrients may be derived from the

This resource explains the components of the cardiovascular system. It includes a detailed poster and links to articles about other related body systems.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 2: Anatomy and physiology for sport

Cost: Free

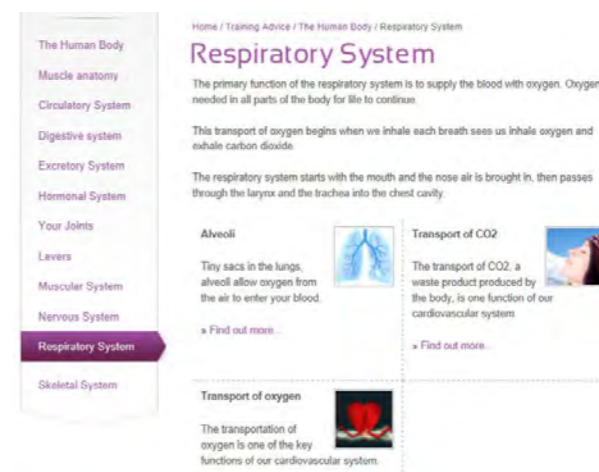
Format: Website

www.livestrong.com/article/502349-5-important-functions-of-the-ardiovascular-system-during-exercise

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Respiratory system



Home / Training Advice / The Human Body / Respiratory System

Respiratory System

The primary function of the respiratory system is to supply the blood with oxygen. Oxygen is needed in all parts of the body for life to continue.

This transport of oxygen begins when we inhale each breath sees us inhale oxygen and exhale carbon dioxide.

The respiratory system starts with the mouth and the nose air is brought in, then passes through the larynx and the trachea into the chest cavity.

Alveoli
Tiny sacs in the lungs, alveoli allow oxygen from the air to enter your blood.

Transport of CO₂
The transport of CO₂, a waste product produced by the body, is one function of our cardiovascular system.

Transport of oxygen
The transportation of oxygen is one of the key functions of our cardiovascular system.

This website gives a good overview of the respiratory system, including the transportation of oxygen and carbon dioxide.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 2: Anatomy and physiology for sport

Cost: Free

Format: Website

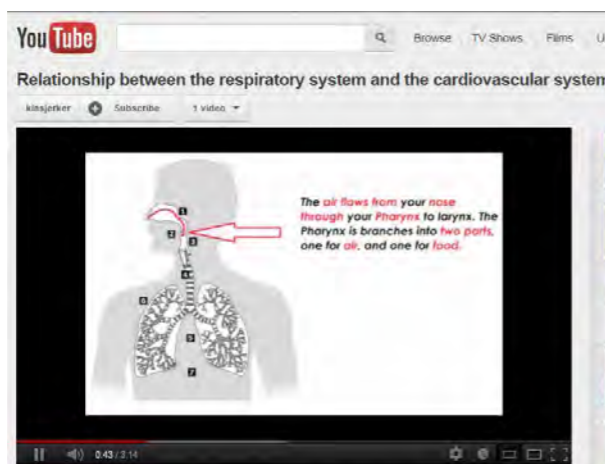
www.nrpt.co.uk/training/body/respiratory/index.htm

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Relationship between the cardiovascular and respiratory systems



This video clip shows the relationship between the cardiovascular and respiratory systems in diagrammatic form.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 2: Anatomy and physiology for sport

Cost: Free

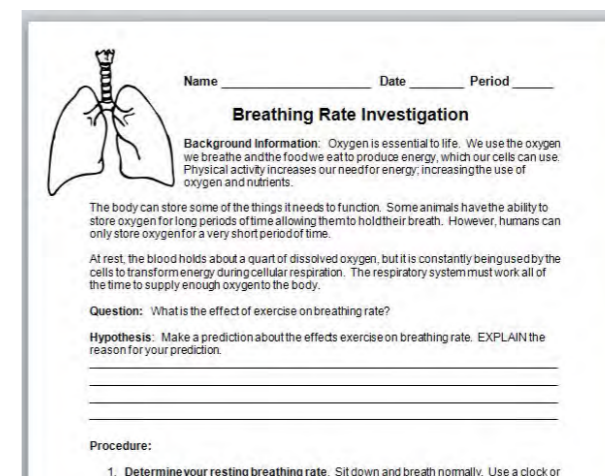
Format: Website

<http://youtu.be/07VKmDW5bSw>

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Breathing rate investigation



Name _____ Date _____ Period _____

Breathing Rate Investigation

Background Information: Oxygen is essential to life. We use the oxygen we breathe and the food we eat to produce energy, which our cells can use. Physical activity increases our need for energy, increasing the use of oxygen and nutrients.

The body can store some of the things it needs to function. Some animals have the ability to store oxygen for long periods of time allowing them to hold their breath. However, humans can only store oxygen for a very short period of time.

At rest, the blood holds about a quart of dissolved oxygen, but it is constantly being used by the cells to transform energy during cellular respiration. The respiratory system must work all of the time to supply enough oxygen to the body.

Question: What is the effect of exercise on breathing rate?

Hypothesis: Make a prediction about the effects exercise on breathing rate. EXPLAIN the reason for your prediction.

Procedure:

1. Determine your resting breathing rate. Sit down and breath normally. Use a clock or

This online resource can be used by learners to investigate practically how exercise effects their breathing rate.

Supports: OCR Cambridge Technicals in Sport Level 2
Unit 2: Anatomy and physiology for sport

Cost: Free

Format: Word document, accessed via website

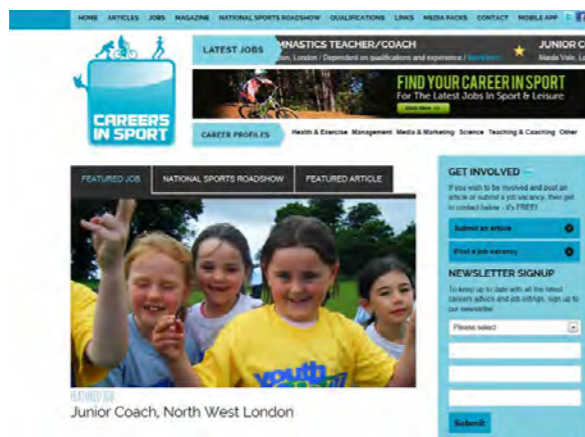
www.biologyjunction.com

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Careers in sport



A website for 14 – 19 year olds considering a career in the sport and leisure industry or studying a sports related degree in Higher Education. Highlights the diversity of careers within the sports industry and aims to provide anyone who would like to find a job in sport and leisure with the information they need to establish their career. Experts working within each profession provide detailed descriptions of their typical day, the benefits and disadvantages of the profession, as well as provide helpful advice on the right qualifications and experience required.

Supports: OCR Cambridge Technicals in Sport Level 2

Cost: Free

Format: Website

www.careers-in-sport.co.uk

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Resources Index

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CONTACT US

Staff at the OCR Customer Contact Centre are available to take your call between 8am and 5.30pm, Monday to Friday.

We're always delighted to answer questions and give advice.

Telephone 02476 851509

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