



Kennicott Sixth Form Centre

Induction Task

Cambridge Technical in Sport and Physical Activity

Summer 2026



Induction Tasks are not optional for students; they form part of the College's formal assessment and completed tasks will assist staff in identifying the students' ability for independent study and meeting home learning deadlines.

Due date: September 2026

Cambridge Technical in Sport and Physical Activity Level 3 Diploma

Over the next two years you will be studying the Diploma (equivalent to 2 A Levels) which is divided into 11 units that are assessed in a variety of ways.

Diploma
Body systems and the effects of physical activity (Exam)
Sports coaching and activity leadership
Sports organisation and development (Exam)
Performance analysis in sport and exercise
Sport and exercise psychology
Working safely in sport, exercise, health and leisure (Exam)
Physical Activity for specific groups
Organisation of sports events
Sports Injuries and rehabilitation
Practical skills in sport and sport activities
Health and fitness testing for sport and exercise

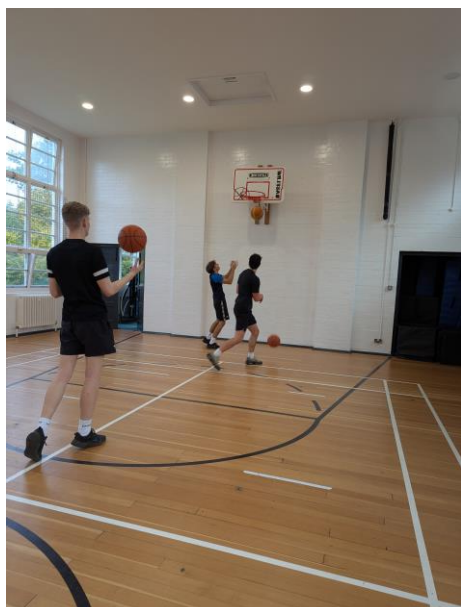
Units that do not have **Exam** next to them are assessed through practical tasks or coursework.

This induction task is NOT optional and will become part of the formal portfolio of work that you will produce over the next two years. All tasks are graded against specific assessment criteria and are subject to external verification.

Carly Perring

Teacher of PE

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TASKS: these are from a specific selection of units on the Diploma course that we will be studying in Year 1 of your two year programme.

- **Sports Organisation and Development**

Create a poster to show the following organisations – you need to include for each their logo, their role/mission and what they are responsible for with regards to sport in the UK.

Sport England, UK Sport, Department for Culture, Media and Sport, National Disability Sports Organisation (NDSO) of your choice such as Wheel Power, Department for Education and finally a National Governing Body of your choice of sport i.e. RFU or FA for example.



- **Body Systems (Anatomy)**

In this area of the course, you will study the structure and function of the body and how it responds to exercise. Your task has three parts to it; part one **draw pictures** of the six different synovial joints in the body, describe their structure, give an example in the body and identify what movement they allow. Synovial joints must be drawn not copied from the internet please. Part two **find a picture of the muscles in the body and label them**; please do not simply copy and paste a picture from the internet, it needs to be a blank diagram which you label. Part three **draw a picture of the heart and describe the path of the blood** going through it.

- **Sports Psychology**

Create a PP to describe **Intrinsic** and **Extrinsic** motivation using examples from sport and/or exercise. **Carry out a personality test** using the following link <https://psychotests.com/test/cattell-16pf>. The results are for yourself, however, think about how these might impact your performance in sport and during your studies; did it tell you something you already knew, or something you weren't aware of and how did that make you feel (no written work for this!).



All induction tasks are to be completed to the best of your ability please and handed in to Miss Perring



The lessons are co taught with Year 13 Sport and Year 12 and 13 A level PE. The pictures show you the sorts of things we get involved in as opportunities to socialise together, enhance your experience through trips and visits as well as playing sport regularly as a group. These also show some of the practical tasks of coursework.