



CTEC Level 3 Sport and Physical Activity

Course Preparation/Summer Tasks

Purchase a laptop – you will need to use one in lessons, make sure it is ready to go!

Purchase and prepare a subject folder – you will need an A4 ring binder and at least a 6-part A4 subject divider



Keep and look over any previous notes from GCSE on the following topics:

- ✓ Skeletal system
- ✓ Muscular system
- ✓ Cardiovascular system
- ✓ Respiratory system
- ✓ Energy systems (you may not have covered this before – do not worry if you have no notes – but do watch this introductory video to energy systems: <https://www.youtube.com/watch?v=dWe8vtztW-4>)

Summer Tasks:

Refresh your memory on each of the body systems and make sure you are able to do the following:

- Identify and locate the main bones/muscles in the body
- Explain the pathway of blood through the heart and around the body (the double circulatory system)
- Explain the pathway of air through the body and how gaseous exchange works

Explore and make notes on the following energy systems:

- ATP-PC/lactic system
- Lactic acid system
- Aerobic system

You should consider what type of reaction it is (aerobic/anaerobic), what chemical or food fuel is used, what amount of ATP is produced and what the by-products are.

If you have any difficulty with this, please email Mr Clarke: clarkec@mysandstorm.org