

# Useful Online Videos

[OCR A-level PE – YouTube](#)  
A series of videos covering content from some of the units delivered over the 2 years

[OCR Cambridge Technical Sport Unit 3 NGBs – YouTube](#)

[OCR Cambridge Technical Sport Unit 3 Sport England and UK Sport – YouTube](#)

[OCR Cambridge Technical Sport Unit 3 Target groups part 1 – YouTube](#)

[Structure and funding of Sports in the UK - YouTube](#)

Videos covering the NGB roles for the unit 3 exam.

# Useful Websites

[www.sportengland.org](http://www.sportengland.org)

[www.uk sport.gov.uk](http://www.uk sport.gov.uk)

[www.gov.uk](http://www.gov.uk)

[www.chancetoshine.org](http://www.chancetoshine.org)

[www.thisgirlcan.co.uk](http://www.thisgirlcan.co.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.youthsporttrust.org](http://www.youthsporttrust.org)

[www.streetgames.org](http://www.streetgames.org)

[www.visiblebody.com](http://www.visiblebody.com)

[www.brianmac.co.uk](http://www.brianmac.co.uk)

# Podcasts

Science for sport podcast  
SportMind

Talking sport and tech  
Experts in sport podcast

The real science of sport podcast  
Applying sport science podcast

# Cambridge Technical in Sport and Physical Activity

Wider reading and study skills

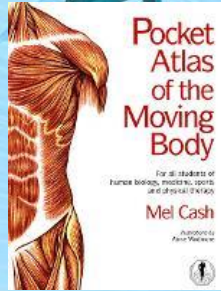
Exam board = OCR

Subject teachers = Mr Haywood and Mr Baines

Entry requirements = Level 2 pass or above in OCR national sports studies or science or grade 4 or above in GCSE Physical Education.

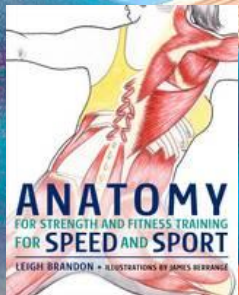
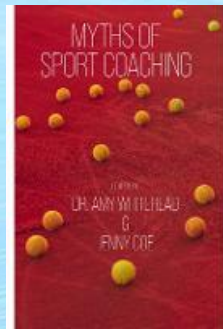
Assessment = 5 units of work over 2 years. 2 external examination units and 3 moderated coursework units.

# Wider Reading



**Pocket Atlas of the moving body**  
all the most relevant information needed to understand how the human body moves and maintains posture,

**Myths of coaching**  
a plethora of information on how to coach effectively and what we should be aware of as coaches.



**Anatomy for strength and fitness training**  
This full colour illustrated training guide takes an in-depth look at your muscles at work during various sporting activities,

# Independent study tips

Know the learning outcomes for each unit.

Know the assessment criteria.

Keep up to date with developments in the sporting world.

Read around the taught content.

Complete past papers, study mark schemes and read examiners notes.

Observe PE lessons

Meet deadlines!!!

'Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability'

-John Wooden-

