

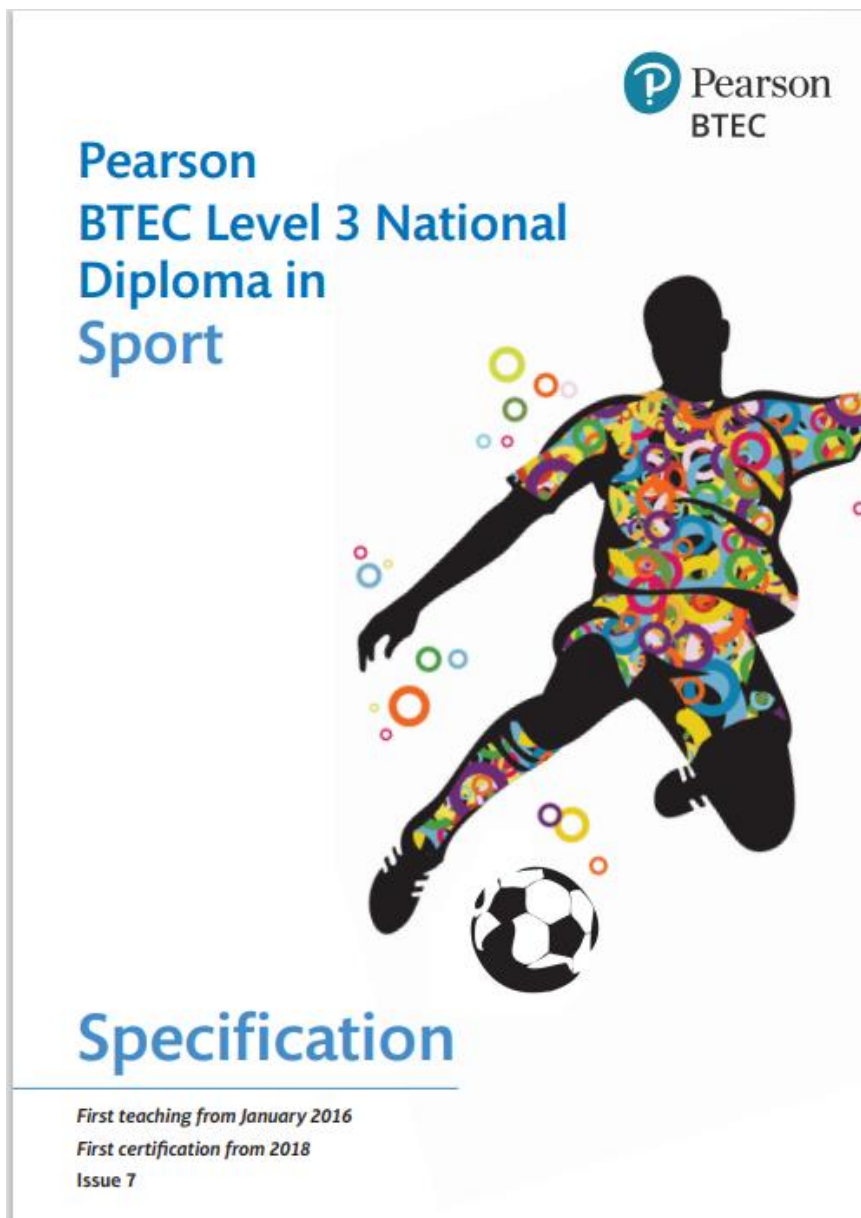
Sport

Pearson BTEC Level 3 National Diploma in Sport (603/0460/1)

Pearson BTEC Level 3 National Extended Diploma Sport (603/0459/5)

[National Diploma in Sport \(2 A Level\) Specification for first teaching in 2016](#)

[National Extended Certificate in Sport \(1 A Level\) Specification for first teaching in 2016](#)



Transition to Sixth Form:



Sixth Form Study

You are likely to study BTEC Sport and one or two other subjects at Bolder Sixth form. Each subject will have six lessons per week. You can expect to engage in a wider range of learning strategies in lessons as well as independently. These could be anything from:

- Making and organising presentations.
- Completing Assignment based coursework
- Use of debate, discussion-based learning, TED talks, and documentaries.
- Wider reading outside of lesson hours.
- Extended 1-1 practice of practical or experimental work.
- Flip learning – learning in your own time and presenting what you have found to the class.

Independent Study

A Levels and Applied Qualifications will require more study to be completed by you independently rather than with a teacher. At Bolder, we recommend that you spend the same time studying outside of lessons as you do in lessons. Therefore, if you have 6 hours of BTEC Sport per week, this means that 6 hours should be spent revisiting notes, revising content, completing practice questions and working independently on assignments each week also.

This pack will support you with starting to practice independent study over the summer period which will help you understand what works best for you.

What do you need to complete?

Over the summer it is expected that you engage with this transition booklet to support your movement into BTEC Sport.

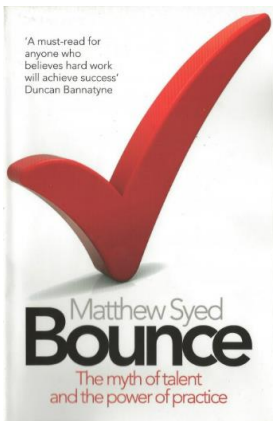
You must make a total of 200 credits through the summer.

The points for each task are outlined below:

1. Engaging with a recommended book and writing a summary – 100 credits.
2. Completing a task from 'Getting ahead' – 50 credits.
3. Research activities – 25 credits.
4. Documentaries and Ted talks – 25 credits.
5. Completing a day trip with photo evidence and written summary – 100 credits.

You can decide what combination of tasks to complete, but this must add up to 200 credits. These must also be evidenced on your return in September.

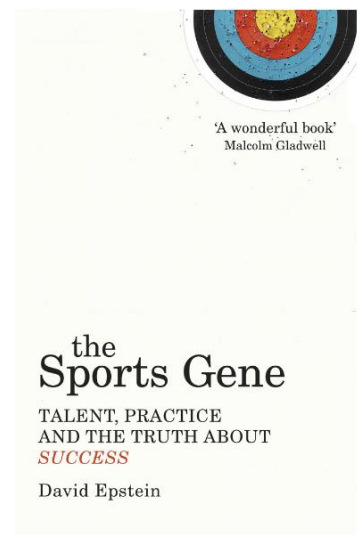
Book recommendations:



Bounce is crammed with fascinating stories and statistics.

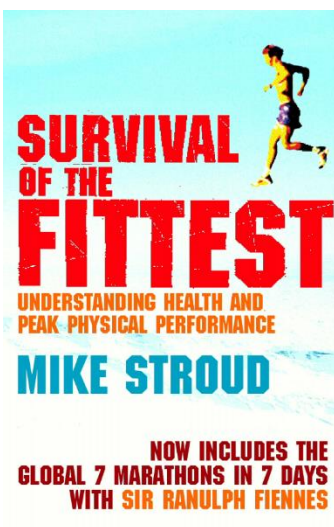
Looking at controversial questions such as whether talent is more important than practice, drugs in sport (and life) the mind-bending Bounce is a great read for students exploring the reasons succeeding in sport

A great read for aspiring elite level sports people. David Epstein is an award-winning writer and in this book contrasts the idea that elite sportspeople are naturally-born against the suggestion that elite sports people accumulate 10,000 hours of practice



Mike Stroud is an expert on human health under extreme conditions. He became widely known when he partnered with Ranulph Fiennes on polar expeditions.

Stroud and Fiennes both completed seven marathons on seven continents in seven days. This would be a good read for students- looking to learn how to maximise performance through the use of Sport Science.



Getting ahead!

In BTEC Sport you will need to build on your knowledge from GCSE PE and BTEC Sport Level 2. Here are some links that you can use to look over some topics:

Unit 7: Practical Sports Performance

[Laws of the game and FA rules \(thefa.com\)](#)

[England and Wales Cricket Board \(ECB\)The Official Website of the ECB](#)

Task: Produce a 1-page revision/information sheet summarising National Governing Body Laws of Cricket* or Football. You should include the following:

1. Examples of situations where rules/laws have been applied (both legally and illegally), include gaining a fair and unfair advantage to win in a competitive environment and regulations for sports under competition rules.
2. The regulations for players, equipment, playing surface/area, health and safety, facilities, scoring systems and spectators.

*If selecting Cricket you can select one version of the game e.g. test, one day, T20, Hundred

Unit 4: Sports Leadership

[Why is biodiversity so important? - Kim Preshoff | TED-Ed](#)

[Can wildlife adapt to climate change? - Erin Eastwood | TED-Ed](#)

Task: You would like to nominate a Footballer or Cricketer for the Sports Leader of the Year Awards. Write a 1-page nomination letter explaining why you think your selected sportsperson should win the award. You should include:

1. Name and short biography of the person you are nominating
2. Describe the skills the person has and provide examples of these
3. Describe the qualities the person possessed and provide examples of these
4. Outline the reasons why they deserve to receive the award above all other nominees

Unit 1: Anatomy and Physiology – The Skeletal system

[Major Bones | Skeletal System 01 | Anatomy & Physiology - YouTube](#)

[BTEC Sport Level 3 - Skeletal System \(A1-A6\) - Online Flashcards by T Bal \(brainscape.com\)](#)

[Anatomy and Physiology -the Structure of the skeleton BTEC Sport level 3 Unit 1 - YouTube](#)

Task: Produce a wall display to put in your classroom in September. You should use images, keywords and explanations to:

1. Identify the major bone of the skeletal structure
2. Describe the different types of bone and their use
3. Explain the differences between the axial and appendicular skeleton
4. Outline how some of the bones are used within different sporting techniques and/or actions

Research Activities

Produce a one-page revision sheet using Cornell-style notes on any of the topics below:

Click on the link below to watch a video summarising the Cornell method of notetaking:

[Cornell Notes - Guaranteed Revision Success? - YouTube](#)

Unit 1: Anatomy and Physiology – The Skeletal system

The functions of the skeleton

[EIGHT Functions of the Skeleton | Skeletal System 03 | Anatomy & Physiology - Bing video](#)

The skeleton is the central structure of the body and is made up of bones, joints and cartilage. The skeleton provides the framework for muscles and gives the body its defined human shape.

Unit 4: Sports Leadership

[Leadership in Sport - Qualities, Characteristics and Roles by Harry Bayliss \(prezi.com\)](#)



All good leaders in sports have certain qualities, characteristics, and roles which allow them to organize and lead their teams efficiently and positively.

Unit 7: Practical Sports Performance

Task: Learn the rules of a sport you are unfamiliar with (Video's on Ultimate Frisbee and Pickleball are below as examples of a different sport you can select)

[The Rules of Ultimate Frisbee | Ultimate Frisbee Rules for Beginners - Bing video](#)

[The Rules of Pickleball - EXPLAINED! - Bing video](#)

Films/Documentaries	Summary
 <p>The poster for the movie 'Coach Carter' features Samuel L. Jackson in a suit on the left, looking serious. In the background, a basketball team is lined up on a court. The title 'COACH CARTER' is prominently displayed in the center, with 'SAMUEL L. JACKSON' above it and 'IN THEATERS 1.14.05' below.</p>	<p>Controversy surrounds high school basketball coach Ken Carter after he benches his entire team for breaking their academic contract with him.</p>
 <p>The poster for the documentary 'The Last Dance' shows four Chicago Bulls players in white jerseys (numbers 25, 33, 23, and 91) standing on a basketball court. A man in a suit stands to the right. The title 'THE LAST DANCE' is at the top.</p>	<p>Charting the rise of the 1990s Chicago Bulls, led by Michael Jordan, one of the most notable dynasties in sports history.</p>

Podcasts	
<p>Tailenders Greg James, Jimmy Anderson and Felix White with an alternative look at Cricket BBC Radio 5 Live - Tailenders</p>	
<p>High Performance We turn the lived experiences of the planet's high performers into your life lessons. With Jake Humphrey and Damian Hughes High Performance Podcast (thehighperformancepodcast.com)</p>	
<p>The Overlap The biggest names in football, politics, business and world sports share real stories with Gary Neville, reflecting on their careers & vulnerabilities. (Also available on Podcast) The Overlap - YouTube</p>	

Ideas for Day trips and things to do:

1. Go to a Football/Cricket Ground for a Stadium tour



[Stadium Tours | Brentford FC](#)



[The Lord's Tour \(lords.org\)](http://lords.org)

2. Wimbledon Tennis Museum



[Museum and Tours - The Championships, Wimbledon - Official Site by IBM](#)

3. Visit Queen Elizabeth Olympic Park



[Home | Queen Elizabeth Olympic Park](#)

4. Twickenham Stadium Museum



[Explore Twickenham Stadium's World Rugby Museum & Tours](#)

5. Wembley Stadium tour



[Wembley Stadium Tours \(wembleytours.com\)](http://wembleytours.com)

6. The National Football Museum, Manchester



[National Football Museum | Things to do in Manchester](#)