

Getting Ready For <i>Sport</i>		
Your Name		
BTEC First Certificate in Sport	Anatomy and Physiology (Unit 7) Fitness for Sport 7 Exercise (Unit 1) Practical Sport (Unit 7)	Summer 2023

We are delighted you have chosen to study Sport at Haywards Heath College.

Instructions: This pack will help you make the best possible start to studying this subject.

The tasks in this pack:

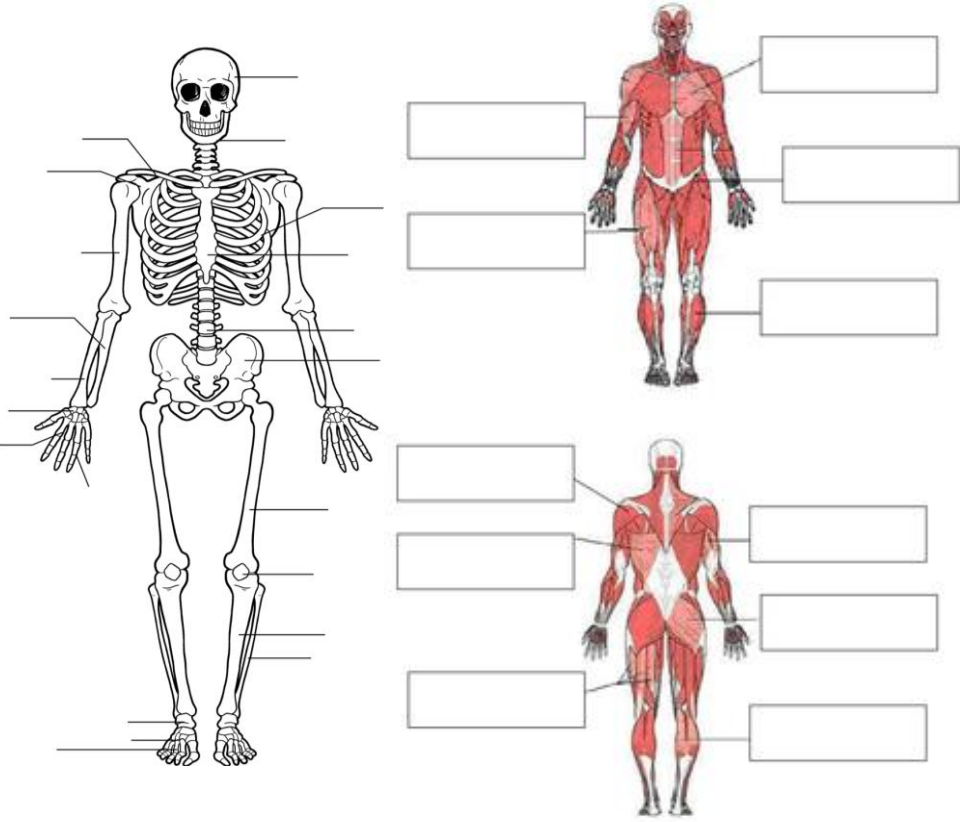

- should take you **about 4-6 hours to complete.**
- should be handed into your teacher when teaching starts **from 12th September 2023** with your name on it for assessment.
- are also available on the internet – follow the links in the document.

If you need help: The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at info@haywardsheath.ac.uk telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays.

Skills Focus for this Getting Ready for Pack	
Effective note taking Basic knowledge building for Sport units Application of sporting examples	Summarising of information to identify key points Research skills to find and support answers Concise writing to provide answers in an effective and efficient manner

What is in this pack? This pack consists of a page of tasks for a selection of the units that you will be starting in September. The tasks will provide you with some of the basic knowledge required in those units. Within Unit 3 & Unit 7 the tasks will support you in completing your first assessment in these units in September. There are four units covered within this pack, these units are:

- Unit 1 – Fitness for Sport and Exercise (examined unit)
- Unit 2 – Practical Sports Performance (internally assessed unit)
- Unit 7 – Anatomy & Physiology (examined unit)

Unit	Task and subject specific skill reference	Deadline														
7 – Anatomy and Physiology	<p>Task 1: Label the bones and muscles below:</p>  <p>Task 2: Make notes on the function of the skeletal system using this video:</p>  <p>Task 3: In an A5 poster format, What are the 3 types of muscle fibers and which sporting athletes benefit from each type. Use research and images to help you and reference your source.</p>	from 12th September 2023														
Unit 1 – Fitness for Training and Exercise	<p>Task 1: Complete the fitness components definitions below:</p> <table border="1" data-bbox="284 1585 1259 1848"> <thead> <tr> <th>Fitness Component</th> <th>Definition</th> </tr> </thead> <tbody> <tr> <td>Aerobic Endurance</td> <td></td> </tr> <tr> <td>Strength</td> <td></td> </tr> <tr> <td>Muscular Endurance</td> <td></td> </tr> <tr> <td>Flexibility</td> <td></td> </tr> <tr> <td>Speed</td> <td></td> </tr> <tr> <td>Body Composition</td> <td></td> </tr> </tbody> </table>	Fitness Component	Definition	Aerobic Endurance		Strength		Muscular Endurance		Flexibility		Speed		Body Composition		from 12th September 2023
Fitness Component	Definition															
Aerobic Endurance																
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Task 2: Pick one fitness component and plan a gym session to develop it:

Block 1 (warm up)	Block 2 (main exercises)	Block 3 (cool down)
Exercise(s):	Exercise(s):	Exercise(s):
Duration:	Duration:	Duration:
Intensity/Sets/Reps:	Intensity/Sets/Reps:	Intensity/Sets/Reps:

Struggling for ideas? Please use the videos below from our strength and conditioning partners at the Sussex Performance Centre on our Worthing Campus.



Task 3: Now do the session yourself. Tell us what went well and what went even better.

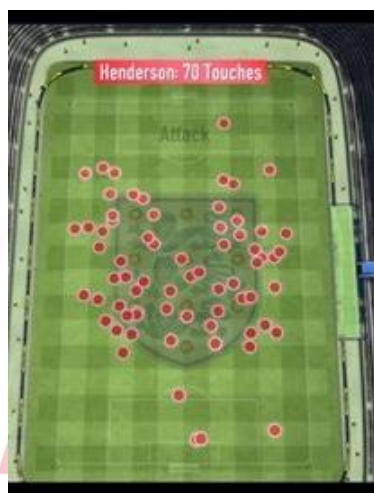
2 – Practical
Sports
Performance

Task 1: Watch a game of your choice. Pick a player and complete a notational analysis of them using the table below:

Sport:		Game:		
Player:		Date:		
Technique /Skill	Describe what does a successful attempt look like	Successful attempts	Unsuccessful attempts	% Successful
1- Pass				
2- Shots				
3-Tackles				

from 12th
September
2023

Task 2: Video yourself perform in either a team or individual sport and analyse like Tasks 1. (If this isn't possible, please select another video of a different performer from your chosen sport)



	<p>Task 3: From the data gathered in tasks 1, 2 write about the strengths and weaknesses of your chosen player and your own performance. Please back your points by using the data you produced.</p>	
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