

GETTING READY FOR PACK


BTEC First Certificate in Sport

We are delighted you have chosen to study Level 2 BTEC Sport at Haywards Heath College

WHAT YOU WILL STUDY

Unit/Topic	
	Unit 1 - Fitness for Sport & Exercise Unit 2 - Practical Sports Performance Unit 3 - The Mind and the Sports Performer Unit 4 - The Sports Performer in Action Unit 6 - Leading Sports Activities Unit 7 - Anatomy and Physiology Unit 11 - Running a Sports Event

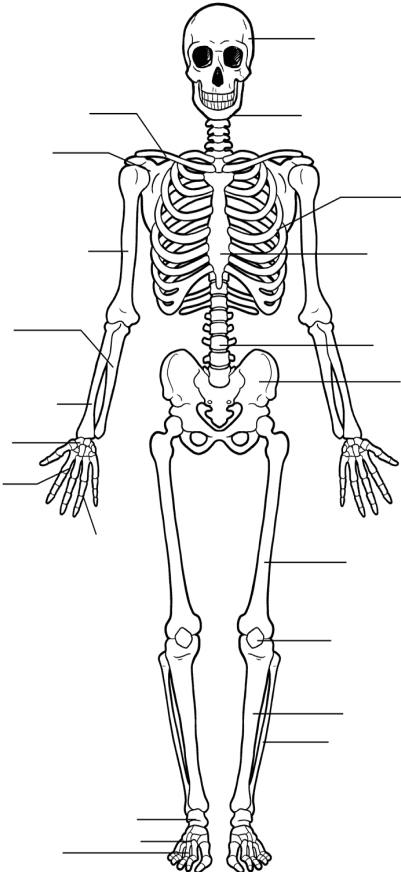
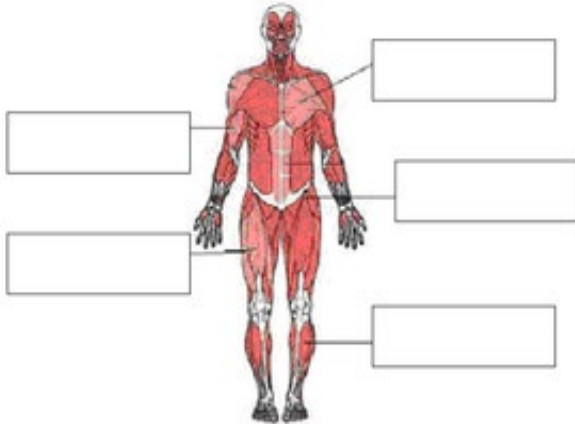
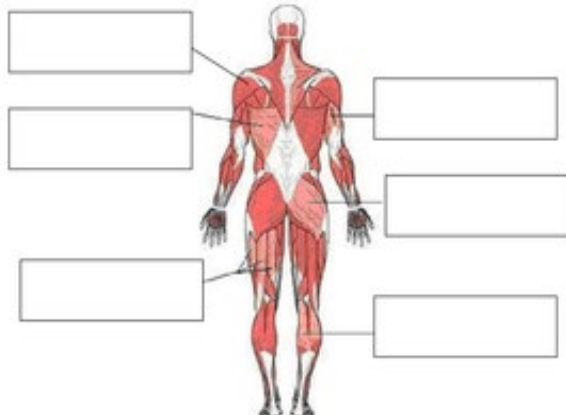
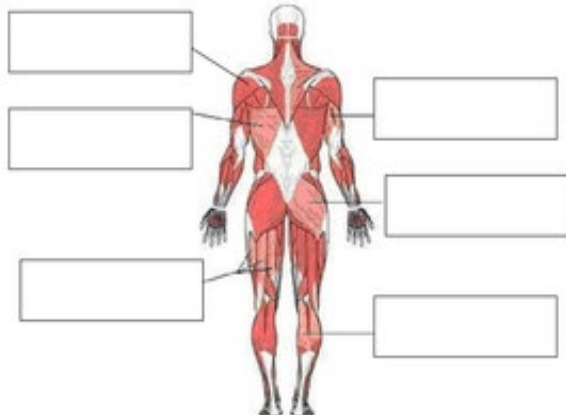
WHAT YOU NEED

Kit List	
	Minimum Expected Kit – HH Top/Jumper & Shorts/Tracksuit bottoms <i>Students will be assessed and filmed in coaching, leading and performing of various sports. HH kit is a requirement for these assessments.</i> Haywards Heath College - Broadwater Sports
Equipment	
	<p>What you need...</p> <ul style="list-style-type: none"> • Different colour pens and highlighters • Pencil, rubber and ruler • Notepad • 2 X A4 Ring-Binder Folders with s Dividers • Practical kit (Academy of Sport) • Exam Booklets (letter to follow) • Revision Guide (letter to follow)  <p>Haywards Heath College</p>

Essential Textbooks	Revision guide for Unit 1 & 7 (Both exam units) Pearson REVISE BTEC First in Sport Revision Guide inc online edition - 2023 and 2024 exams and assessments: for home learning, 2022 and 2023 assessments and exams (BTEC First Sport): Amazon.co.uk: Richard Shambare, Melanie Grunow Sobocinski: 9781446906705: Books
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ENRICHMENT	
	<p>Collaborative work with Mid Sussex Active:</p> <p>Students will gain the opportunity to get first hand coaching and leading experience. They will coach and lead sessions for local Primary students alongside Mid Sussex Active through the sporting events they offer to schools.</p>

SUMMER WORKING TASK INFORMATION
<p>Completion Date: First Lesson Week Commencing 8/9/25</p>
<p>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.</p> <p>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:</p> <ul style="list-style-type: none"> • Unit 1 – Fitness for Sport and Exercise (examined unit) • Unit 2 – Practical Sports Performance (internally assessed unit) • Unit 7 – Anatomy & Physiology (examined unit) <ul style="list-style-type: none"> • This work should be handed into your teacher when teaching starts from 8th September 2025 with your name on it for assessment. • are also available on the internet – follow the links in the document <p>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.</p>

SUMMER WORKING TASK	
Skills Focus	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.
Task 1.1 Anatomy and Physiology	Label the bones and muscles below:
<div style="display: flex; justify-content: space-around; align-items: center;">   </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;">   </div>	
Task 1.2	Make notes on the function of the skeletal system using this video: BTEC Sport Level 3 Unit 1 A2- Anatomy and Physiology Functions of the Skeleton

Task 1.3	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.																				
Task 2.1 Fitness for Training and Exercise	Complete the fitness components definitions below:																				
<table border="1"> <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> <tr><td></td><td></td></tr> <tr><td></td><td></td></tr> </tbody> </table>		Fitness Component	Definition	Aerobic Endurance		Strength		Muscular Endurance		Flexibility		Speed		Body Composition							
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Task 2.2	Pick one fitness component and plan a gym session to develop it:																				
<table border="1"> <tr> <td>Block 1 (warm up)</td><td>Block 2 (main exercises)</td><td>Block 3 (cool down)</td></tr> <tr> <td>Exercise(s):</td><td>Exercise(s):</td><td>Exercise(s):</td></tr> <tr> <td>Duration:</td><td>Duration:</td><td>Duration:</td></tr> <tr> <td>Intensity/Sets/Reps:</td><td>Intensity/Sets/Reps:</td><td>Intensity/Sets/Reps:</td></tr> </table>				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:						
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Task 2.3	Now do the session yourself. Tell us what went well and what went even better.																				
Task 3.1 Practical Sports Performance	Watch a game of your choice. Pick a player and complete a national analysis of them using the table below:																				
<table border="1"> <tr> <td>Sport:</td><td colspan="3">Game:</td></tr> <tr> <td>Player:</td><td>Date:</td><td colspan="2"></td></tr> </table>				Sport:	Game:			Player:	Date:												
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Technique/Skill	Describe what does a successful attempt look like	Successful attempts	Unsuccessful attempts	% Successful
1- Pass				
2- Shots				
3-Tackles				
Task 3.2		From the data gathered in the previous tasks write about the strengths and weaknesses of your chosen player. Please back your points by using the data you produced.		

RECOMMENDED READING/WATCH LIST	
Book	<p>BTEC Level 2 First Sport Student Book (Pearson, January 2010) ISBN 9781846906220 - Adams M, Beashel P, Hancock J, Harris B, Phillippo P, Sergison A and Taylor I</p> <p>Exercise Physiology Laboratory Manual: Health and Human Performance (McGraw Hill Higher Education, 2001) ISBN 9780072489125 - Adams G M</p> <p>Sports Exercise and Fitness: A Guide to Reference and Information Sources (Libraries Unlimited Inc, 2005) ISBN 9781563088193 - Allen M B</p> <p>Exercise on Prescription: Cardiovascular Activity for Health (Butterworth- Heinemann, 1999) ISBN 9780750632881 - Buckley J, Holmes J, Mapp G</p>
Online	<ul style="list-style-type: none"> - BrianMac Sports Coach - www.teachpe.com <p>NGB websites</p> <ul style="list-style-type: none"> - www.thefa.com - www.englandnetball.co.uk - www.basketballengland.co.uk - Follow Rugby Football Union

	Sport England – www.sportengland.co.uk
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