

GCSE to A LEVEL

Summer Project

Name:

Subject: Level 3 Sport

The purpose of this Summer project is to introduce you to studying this subject at A Level standard. You will need to complete 10 hours of study on each subject every week, 4½ in class with your teacher and the rest as independent learning. Therefore, it is important that you enjoy this subject and that you start to practice your study skills as early as possible. Some subjects have significant maths content (for example business, psychology, economics); others require strong essay writing skills (for example history, English). Think about the study skills and underpinning knowledge you will require in this subject - not just the title.

If after completing this project you think this may not be your ideal choice, you can ask to transfer to another subject at the start of term, as long as you have the entry requirements and it fits alongside your other choices on the A Level Matrix (timetable). If you do decide to change subject, you will be required to complete the Summer Project for your new choice too.

This is also your first taste of Flipped Learning and elements will be used within your first week of lessons.

Please ensure your name, student number and subject are clearly noted on each page and bring it with you to hand in at Induction.

We hope you enjoy this project as you start your A Level journey.

Have a good summer and we look forward to seeing you in September.

HOW TO SUBMIT:

Please print your completed project and bring a copy with you to Induction.

If you don't have access to a printer, electronic copies can be emailed as an attachment to l3_sport@chichester.ac.uk with the email clearly labelled 'Sport Summer Project' prior to Induction.

Welcome to the NEC in Sport

To EVERY PE lesson, you are expected to bring:

1. Lined paper /folder
2. Pens, pencils, ruler
3. Textbook (see below for details)

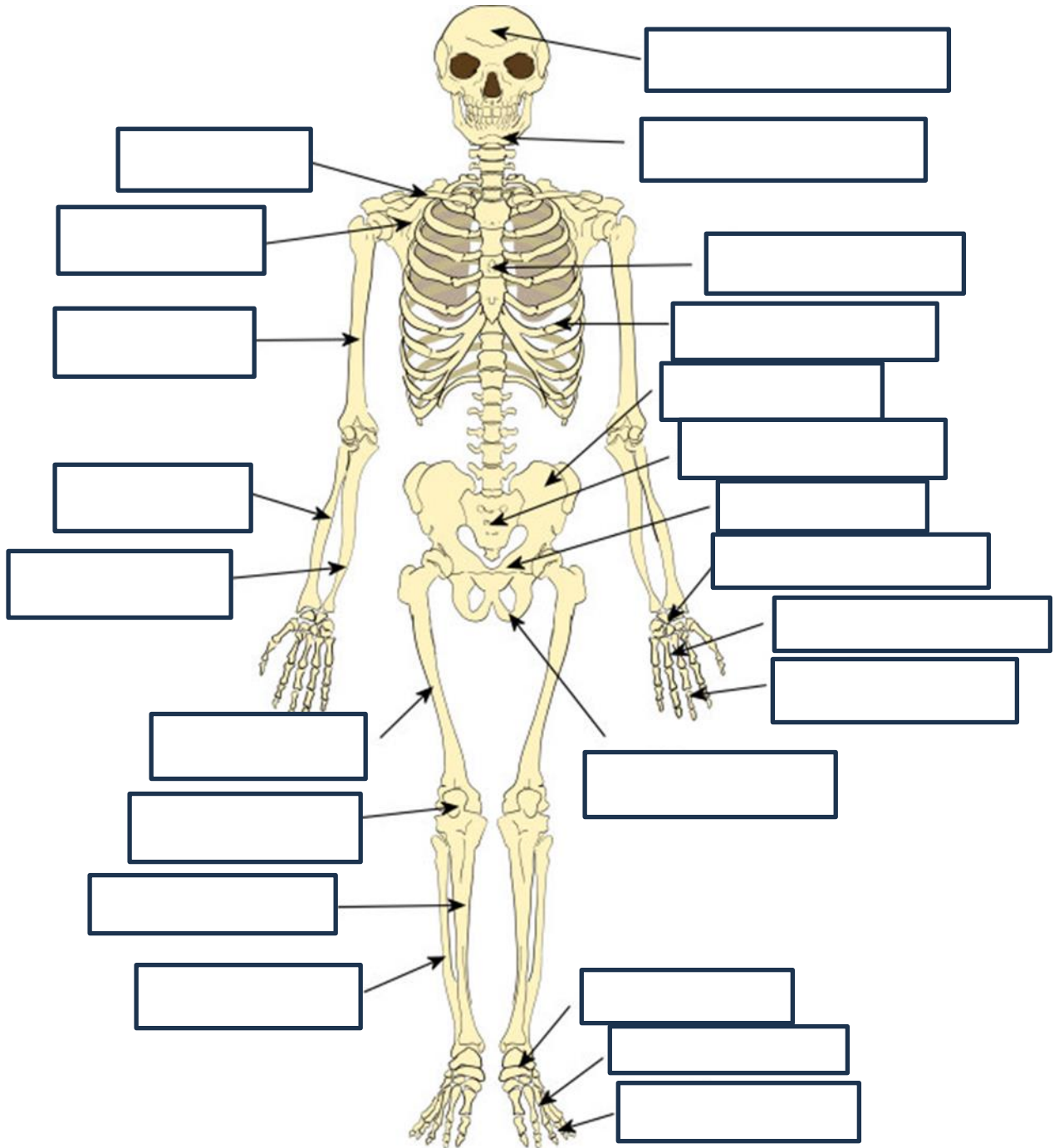
You will be provided with some workbooks and worksheets throughout the course, but you will be expected to print off some key material e.g. exam questions and flipped learning pre-work.

The transition work below is your first piece of flipped learning and will help you to understand the material we will cover in your first few lessons. The more you can remember and use in the classroom, the better. All extended answers must be in your own words and not copied and pasted. There are three extension tasks that aim to stretch and challenge you - they are optional but aim high - you may decide to complete all or some of them. Throughout your study on this course, completing additional work to a good standard will help you gain a higher final grade.

Please type your written work and print it off ready to submit at Enrolment. Make sure it has your name and subject on each page.

NEC Summer Task

Q1. Label the Bones in the diagram below and learn them ready for a test in the first session



Q1b. Extension task: Research which bones of the skeleton fit into the axial or appendicular section of the skeleton. Colour code these on the diagram above.

Q2. There are 8 functions of the skeleton. Describe 4 of these.

1. _____

2. _____

3. _____

4. _____

2b. Extension task: Pick one of the functions you have described above and explain how it would help an athlete perform at their best.

Q3. Answer the following question in 500 words:

Analyse the importance of sport or physical activity in relation to yourself.

Outline and discuss a defining moment and explain how this event has influenced you.

Q3b. Extension task: Use academic theories and reference the sources to back up your points e.g., you may have suffered from an injury and could use a book to define the injury.

Q4. As part of your study skills portfolio complete the **Personal SWOT** analysis document below:

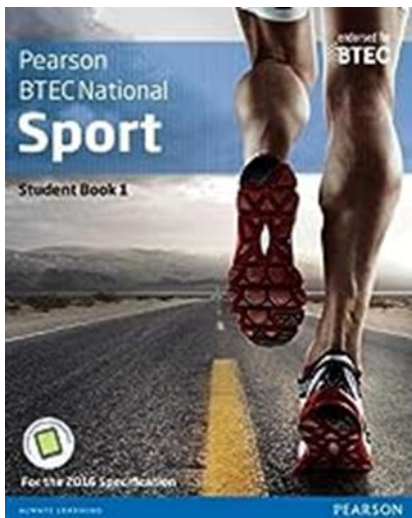
- This means identifying your own **Strengths** and **Weaknesses** in terms of your study practices e.g. note taking, essay writing, listening in lessons, discussing ideas with others etc.
- Identify any **Opportunities** you may have to improve on any weaknesses you have identified e.g. additional support drop-ins available at college
- Consider and note any potential **Threats** to your progress and success e.g. this maybe the issue of having less time for study if family commitments become a problem during the course, or financial aspects of studying and working might cause you problems.

1. Personal SWOT Analysis

| STRENGTHS | WEAKNESSES |
|----------------------|-------------------|
| | |
| OPPORTUNITIES | THREATS |
| | |

You will need to purchase a course textbook before your first lesson in September.

Book List



Pearson BTEC National Sport
Book 1

Authors: Adam Gledhill, Richard Taylor, Louise Sutton, Matthew Fleet, Chris Manley, Alex Sergison, Chris Lydon.

Publisher: Pearson

Price: £32.92

ISBN- 978 1 292 13400 0

Below is a list of some other relevant books that maybe useful to add depth to your knowledge.

Extra reading

- *Tortora, G. & Grabowski, S. Principles of Anatomy and Physiology, Harper Collins.*
- *Wesson, K., Wiggins, N., Thompson, G. and Hartigan, S. (2005) Sport & PE a complete guide to Advanced Level Study, Hodder & Stoughton: London.*
- *Weinberg, R. & Gould, D. Foundations of Sport and Exercise Psychology, Human Kinetics.*
- *Cox, R. Sport Psychology.*