SPORTS STUDIES TRANSITION WORK

READ……

Visible Body – Types of Bones

https://www.visiblebody.com/learn/skeleton/types-of-bones

Skeletal Anatomy

https://www.bbc.co.uk/science/humanbody/body/factfiles/skeleton_anatomy.shtml

Articles written by young people about sport

https://learnenglishteens.britishcouncil.org/magazine/sport

BBC Sport

https://www.bbc.co.uk/sport

WATCH……

'Gold Rush: Our Race to Olympic Glory'
https://www.bbc.co.uk/iplayer/episode/m000xpm8/gold-rush-our-race-to-olympic-glory-series-1-episode-1

Colin in Black and White – Netflix

Formula 1: Drive to Survive – Netflix

Legends of Welsh Sport
https://www.bbc.co.uk/iplayer/episode/m0015hsr/legends-of-welsh-sport-steve-robinson

The Playbook – Netflix

Untold: Malice at the Palace – Netflix

Untold: Breaking Point - Netflix

COURSE DETAILS……

The course is OCR Cambridge Technical Sport and Physical Activity Extended certificate.

The specification can be found here:

Cambridge Technicals - Sport and Physical Activity- OCR

Units 1, 2 and 3 are mandatory and we cover the units 8 and 17 as optional units.

Units 1 and 3 are assessed by exams and the remaining units are coursework.

GET AHEAD……

The first topic we will be covering is the skeletal system.

Find some information and read about it to get ahead.

GET ORGANISED…..

Come prepared at the beginning of term, this will help you to keep your notes and any handouts organised. You will be provided with a folder and exercise book. Please bring a pencil, ruler and black and green pens to each lesson.
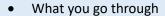
TASK......

Create a piece of writing about the journey of a blood cell through the heart, all the blood vessels, back through the heart and to the lungs and back.

Please include:

- What you go through
- What happens to you
- What do you gain and lose
- Where do you go?

QUESTIONS, QUERIES AND COMMENTS.....

Use this section to make a note of anything you would like to ask your teacher about when the course starts in September.