

Bridging work

EDEXCEL BTEC Level 3 Sport Extended Certificate

Task & Activity	EDEXCEL BTEC Level 3 Sport Extended Certificate
 <p>Access a series of websites and social media forums to form background knowledge on your chosen course</p>	<p>www.sportengland.org www.brianmac.co.uk www.edexcel.com</p>
 <p>Analyse a performance during a competitive sporting game. Look out for strengths and areas in which they could improve</p>	<p>Throughout the course you will study at least one unit (Unit 2 – Fitness Training & Programming) which focuses on the practical performance of an athlete. In order to achieve the higher grades you will need an understanding of skills in specific sports and activities.</p>
 <p>Volunteer or play at a sports club. Evidence must be showed in the form of a log book.</p>	<p>Unit 4 – Sports Leadership</p> <p>Unit 7 – Practical Sports Performance</p> <p>Unit 4 requires students to plan, lead and evaluate small sessions in order to meet the assessment criteria whilst Unit 7 requires students to take part in sport to showcase their practical ability.</p>
 <p>Learn the rules, regulations and fitness requirements for your two chosen sports</p>	<p>Will support you through all units which you study;</p> <p>You will need to be able to make reference to the fitness requirements for selected sports to use in examples when compiling extended writing in examinations and assignments.</p> <p>Unit 1 – Anatomy & Physiology</p> <p>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being</p>
 <p>Increase physical fitness over the summer months by taking part in at least 20 hours of intense exercise</p>	<p>A number of units are studied which look at physical fitness and the impact it can have in sport, two examples are listed below;</p> <p>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being</p> <p>Unit 5 – Application of Fitness Testing</p>

It is essential that you record all of the tasks and activities which you complete over the summer. This will enable you to provide evidence to your teachers when returning in September.