

## BTEC Sport | Paddington Academy | Yr11 Transition work

This work will take you at least 10 hours. Please read the whole sheet before starting.

1. Re-watch a sports match online (find this on YouTube) and afterwards write a match report (one side of A4), reporting on the following:
  - a. The skills you observed during the game (minimum of 4 skills)
    - i. Describe how to perform each skill (passing, shooting etc.)
  - b. The tactics that each individual/team deployed throughout –
    - i. Did these tactics change as the match went on?

This should take you at least 2 hours.

2. Research the different careers and jobs in the sports industry (<https://careers-in-sport.co.uk/>), looking into the different key pathways:
  - a. Sports Science
  - b. Sports Development
  - c. Leisure management
  - d. Education
  - e. Sports journalism

Select two career pathways of interest to you and write a description about each of them (300 words for each).

Things to include in your description are:

- i. The types of jobs you could get in each pathway
- ii. The professional training needed to advance in this pathway (degree, NGB qualification)
- iii. Qualities (reliability, organizational skills, commitment, resilience, empathy)
- iv. Experience needed (leadership, work experience)

This should take you at least 3.5 hours.

3. Research positive and negative lifestyle factors and their effect on health and well-being. You should create a leaflet about both types of lifestyle factors (one side of A4). Key words to consider under each area are below:
  - a. Positive lifestyle factors – exercise/physical activity; balanced diet; positive risk-taking activities; Government recommendations/guidelines
  - b. Negative lifestyle factors – smoking; alcohol; stress; sleep; sedentary lifestyle

This should take you about 2 hours.

4. Research and create an information sheet about the requirements of a balanced diet. Key topics you need to include:
  - a. Macronutrients (carbohydrates, fats, protein)
  - b. Micronutrients (Vitamins A, B, C and D, minerals, calcium and iron)
  - c. Hydration
  - d. Effects on performance of dehydration and hyperhydration and the signs and symptoms of each.
  - e. The use of ergogenic aids used in training programmes, such as:
    - i. Energy gels and bars
    - ii. Protein drinks
    - iii. Carbohydrate loading
  - f. The use of sports drinks

This should take you about 2 hours.

5. Self-reflection task: Write about which areas of the BTEC Level 2 course you felt most proud of. What went really well? Write about which areas/topics of the BTEC Level 2 course you struggled with. Where do you need to improve for the BTEC Level 3 course? Why do you want to study BTEC Sport at Level 3? (Minimum of 250 words). This should take you at least 30 minutes.

If you have any questions, contact Mr Posner at [marc.posner@paddington-academy.org](mailto:marc.posner@paddington-academy.org)