

sport & PE.

A Level / BTEC Preparation Pack



Overview

The College offers two Sports qualifications – Physical Education A Level and BTEC Level 3 Sports & Exercise Science. We suggest you do some of the following activities over the forthcoming weeks and look forward to meeting you in September.

Activities

As has been highlighted in recent weeks/months, remaining active and taking exercise are vital for maintaining both physical and mental health and well-being. With this in mind, why not set yourself some fitness goals. These can be as simple as going for a daily walk/bike, on your own or with family members – remember to maintain social distancing. Try gradually increasing the pace and/or distance over a period of time and maybe take advantage of the app's (many are free) that are available such as **Couch to 5k, Strava, Under Armour's Map My Run/Walk/Ride** etc.

If you prefer to exercise from the comfort of your own home why not join in with the thousands of people doing the **Joe Wicks** fitness sessions each weekday (PE with Joe - 9am on You tube), or any of the celebrity workout sessions on line.

Films

- **Cool Runnings** - Jamaican bobsleigh team at the Winter Olympics
- **I, Tonya** – Ice skating scandal
- **Moneyball** - Technology and analysis in Baseball
- **Race** – Jesse Owens Gold Medal Winner Sprinter at Berlin Olympics 1936
- **Ford v Ferrari (sometimes titled Le Mans '66)** – Formula 1
- **Chariots of Fire** – about the Olympics and Harold Abrahams
- **Million Dollar Baby** - Boxing trainer helps female boxer achieve her dream
- **Gregory's Girl** - School football story
- **Tom Browns School Days** - Athleticism and the rationalisation of sport

Documentaries

- ◇ **Bigger, Stronger, Faster** – about the use of performance enhancing drugs in sport
- ◇ **Icarus** (Netflix) - about the use of performance enhancing drugs in sport
- ◇ **Diego Maradona** - about an elite performer in sport
- ◇ **When We Were Kings** – also looks at elite performers in sport
- ◇ **The English Game** - an historical look at the early development of football
- ◇ **Shame in the Game: Racism in Football** – insight into social issues in Sport

Books



- * **The Greatest by Matthew Syed** - What sport teaches us about achieving success
 - * **Bounce by Matthew Syed** – How champions are made
 - * **They Don't Teach This by Eniola Aluko** - Biography of professional footballer and first female pundit on Match of the Day
 - * **The Meaning of Sport by Simon Barnes**
 - * **Making Sense of Sport by Ellis Cashmore**
 - * **Behind the Mask by Tyson Fury** - gives an insight into both mental and physical wellbeing
- The following non-fiction have a sense of adventure and resilience.**
- * **Four Mums in a Boat** – Janette Benaddi et al.
 - * **Touching the Void** – Joe Simpson (also a film)
 - * **Born to Run** – Chris McDougal
- A no nonsense look at the science behind health and fitness.**
- * **This Book Could Save Your Life** – Graham Lawton/New Scientist.
 - * **Journals** – PE Review

Podcasts, Website & Apps



There are a number of informative Websites, Apps and Podcasts that can be accessed such as:

- » http://www.bbc.co.uk/history/british/victorians/sport_01.shtml
- » www.olympic.org
- » www.eis2win.co.uk
- » www.youthsporttrust.org
- » www.sportengland.org
- » BBC Sport
- » Sky Sport
- » Talksport
- » The Science of Sport
- » Peter Crouch
- » Match of the Day

Course Specifications



A Level - <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

BTEC Sport and Exercise Science - https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-and-exercise-science/2016/specification-and-sample-assessments/9781446938089_BTEC_Nat_ExtDip_SES_SPEC_Iss2C.pdf