

# sport & P.E.

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

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 who did the **Joe Wicks** fitness sessions each weekday during the pandemic (PE with Joe - 9am on YouTube), 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 Brown's 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](http://www.bbc.co.uk/history/british/victorians/sport_01.shtml)
- » [www.olympic.org](http://www.olympic.org)
- » [www.eis2win.co.uk](http://www.eis2win.co.uk)
- » [www.youthsporttrust.org](http://www.youthsporttrust.org)
- » [www.sportengland.org](http://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](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)