

# ***CLEETHORPES ACADEMY HOME LEARNING***

## ***Year 10: BTEC Sport***



We Are **CARING**

We Are **CURIOUS**

We Are **CREATIVE**

## **SELF QUIZZING**

### **OUR EXPECTATIONS**

- The act of self-quizzing supports retrieval. Retrieval is important because the more we revisit knowledge and ideas, the more likely we are to remember it. The more we remember, the greater sense we can make of our learning.
- You should spend a minimum of *30 minutes a night* focusing on a specific subject's retrieval activity.
- You should bring your completed work to form, every Tuesday, where your work will be checked and additional retrieval activities will be completed to support your retention of the information studied at home.
- Failure to complete the activities each week, will result in further sanctions.

### **WHAT YOU SHOULD DO**

- Each night, select a subject to focus on.
- Read the subject's information really trying hard to remember what you have read. You might want to highlight and add your own notes to the information you have been given.
- Once you are confident that you can recall the information without having to recheck, use the following blank page to write down everything you can remember, using a black or blue pen. Don't worry if you can't remember everything
- In form time, your tutor will ask you to check through your work and use a green pen to "gap fill" any information you may have missed.
- Your tutor will also ask further questions in relation to the information you have read each week, to further support your retention of new knowledge.
- You will be rewarded with carrot points for your efforts each week.

## WEEK 1

### *Benefits of Sport*

*The five benefits of taking part in sport are;*

- 1. Improve fitness*
- 2. Meet new people*
- 3. Develop new leadership skills*
- 4. Resilience*
- 5. Self-confidence from competitions*

*The definition of sport is;*

*An activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.*

The definition of physical activity is;

Any bodily movement produced by skeletal muscles that results in energy expenditure.

The five benefits of taking part in physical activity are;

1. Meet new people
2. Set fitness goals
3. Improve confidence
4. Improved body composition
5. Improve physical health

The difference between sport and physical activity is Sports have rules and regulations that are governed by National Governing bodies.

Benefits of Sport

The five benefits of taking part in sport are;

The definition of sport is;

The definition of physical activity is;

The five benefits of taking part in physical activity are;

Match the correct sport/activity under the following table

| Sport | Physical Activity |
|-------|-------------------|
|       |                   |
|       |                   |
|       |                   |
|       |                   |
|       |                   |
|       |                   |

Tennis, Running, Cycling, Swimming, Gardening, Walking, Football, Cleaning,  
Rugby, Badminton, Rowing, Hockey

## Week 2

*Outdoor Activities are.....*

*activities carried out outdoors or in recreation areas that are adventurous*

*Positive Risk Taking*

*Not all risk taking is bad! Some risks are good and promote healthy development. Risk taking is linked to development changes in the brain that help you become a healthy adult. An element of this is required for children and young adults to test the boundaries and develop as individuals*

*Why do people take risks?*

- 1. They enjoy the outdoors and the joys it brings*
- 2. They feel a sense of achievement from the challenge*
- 3. They are not traditional sports to which most people take part in*

### *Outdoor Activities*

*The benefits of outdoor activities are;*

- Improved self confidence*
- Improved self-esteem*
- Meet new people*
- Learn new skills*
- Time away from life stressors*
- Time away from electronic devices*

### *Endorphins*

*Endorphins are released into the brain when you exercise. Endorphins are neurotransmitters – a chemical linked with an energetic and positive outlook on life.*

- They also have other benefits such as:-*
  - Reducing stress*
- Helping to fight anxiety and depression*
  - Boosting self-esteem*
  - Promoting restful sleep*

*Outdoor Activities are.....*

*What is positive risk taking?*

*What are the three reasons people take risks in physical activity?*

- 1.
- 2.
- 3.

*Outdoor Activities*

*The benefits of outdoor activities are;*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

*Endorphins*  
*are.....*  
.....  
.....

*Their benefits are;*

- 1.
- 2.
- 3.
- 4.

## Week 3

### Provisions in Sport

#### **Public Sector**

The public sector facilities are usually owned by the local council or local authority.

They include swimming pools, leisure centres, tennis courts and school sport.

Occasionally the local authority selects a private company to run a facility.

They must meet targets in participation and provide value for money.

#### **Private Sector**

The private sector facilities are usually for private members only. They aim to provide an excellent service to people who pay a joining fee and then a monthly membership fee. i.e. fitness gym such as David Lloyd and Virgin Active.

They aim to make a profit for owners and the management team will be on performance related pay.

#### **Voluntary Sector**

The 'voluntary sector' refers to organisations whose primary purpose is to create social impact rather than profit.

| Private                          | Public                         | Voluntary                  |
|----------------------------------|--------------------------------|----------------------------|
|                                  |                                |                            |
| Xscape, Castleford               | Cleethorpes Leisure Centre     | Cleethorpes Athletics Club |
| St Georges Park, Burton On Trent | Grimsby Leisure Centre         | Grimsby Roller Hockey Club |
| Pure Gym                         | Barratts Recreation Ground     | Grimsby Hockey Club        |
| Bannatynes Health and Spa        | King George Astro turf pitches |                            |
|                                  |                                |                            |
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|                                  |                                |                            |
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## Provisions in Sport

### Public Sector

The public sector is

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### Private Sector

The private sector is

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### Voluntary Sector

The 'voluntary sector' is

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| Private | Public | Voluntary |
|---------|--------|-----------|
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|         |        |           |
|         |        |           |
|         |        |           |

*Place the following provisions in the correct sector;*

*Cleethorpes Leisure Centre, Cleethorpes Athletics Club, Xscape Castleford, St George Park, Grimsby Roller Hockey Club, Grimsby Leisure Centre, Grimsby Hockey Club, Barratts Recreation Ground, Pure Gym, King George Astro turf football pitches and Bannatynes Health and Spa*

## Week 4

### Provisions in Sport – Advantages and Disadvantages

#### Public Sector



- Cost is kept down/Booking made easy
- Location of facilities is accessible.
- Additional services including creche and refreshments are common.



- Bespoke and cutting edge technology or classes are not usually available.
- Quality of provision can vary.

#### Private Sector



- Bespoke equipment and a range of classes available.
- Additional services compliment the offering *i.e. sports therapist services often on-site.*



- Costly for membership
- Facilities are fewer.

#### Voluntary Sector



- It creates a community feeling where parents/carers and children can come together.
- The volunteering is more specialised to the needs of the community.
- It's more rewarding because you are doing it to support and help others within the community.



- Relying on people in the community to take the time to help out, can't hold people accountable.
- Less money to be able to support the team, facilities and training.
- There is a lot more commitment and responsibility involved that you are not getting paid for.

## Provisions in Sport Advantages and Disadvantages

### **Public Sector Advantages**

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### **Disadvantages**

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### **Private Sector Advantages**

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### **Disadvantages**

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### **Voluntary Sector Advantages**

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### **Disadvantages**

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## **Week 5**

### **Types of Participants**

People have different preferences and reasons for choosing to participate in sport and their choice is influenced by a number of factors including:

Age, Gender, Role Models, Ethnicity, Disability, Economic Status, Religion, Cost, Access, Social factors, Sexuality, Family and peers

#### **Age**

Ageing affects people in different ways. There are, though, some age-related trends that can affect participation in sport. Children need to develop gross motor skills from an early age to become confident movers. Adolescents experience a growth spurt that changes their physical development. Older people may experience weight-gain and decreasing flexibility and strength, and find it harder to recover from injury.

#### **Children aged 5-11**

Playing in the playground  
Grassroots football, cricket and dodgeball  
Playing in the park on the swings  
Non contact sport such as tag rugby

#### **Adolescents**

All sports and physical activity – no limitations

#### **Adults**

All sports and physical activity – no limitations

#### **Older Adults**

Walking football, touch rugby, static exercises, gym work with low resistance, walking, yoga and Pilates

#### **Gender**

All girls and women have their own reasons for taking or not taking part in physical activity. Research shows there are some common barriers to participation. Many girls and/or women:

Don't see the relevance of PE and sport to their lives

Think choices in PE and school sport are limited

Dislike taking part with boys or men who monopolise play or who play aggressively

Are more motivated by having fun, making friends and keeping fit than excelling

Feel judged and are therefore embarrassed by how they look

Have less spare time due to childcare and domestic responsibilities

Lack positive role models - locally and nationally

See that women's sport usually has a lower status and gets less coverage in the media

Tackling these barriers will support more girls and women to take

## Types of Participants

What are the different preferences and reasons for choosing to participate in sport?

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Children aged 5-11 are recommended for what types of sports and activities?

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Adolescents are recommended for what types of sports and activities?

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Adults are recommended for what types of sports and activities?

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.....Older Adults are recommended for what types of sports and activities?

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.....Gender

What are the common barriers to participation for girls not wanting to take part in sport?

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**Week 6**  
**Disability in Sport**

**What is the definition of a disability?**

A physical or mental condition that limits a person's movements, senses, or activities.

You're disabled under the Equality Act 2010 if you have a physical or mental impairment that has a 'substantial' and 'long-term' negative effect on your ability to do normal daily activities.

The three top categories that disabilities fall under?

Physical Impairment

Visual Impairment

Hearing Impairment

**Physical Impairment**

The physical capacity to move, coordinate actions, or perform physical activities is significantly limited, impaired, or delayed and is exhibited by difficulties in one or more of the following areas: physical and motor tasks; independent movement; performing basic life functions.

**Visual Impairment**

Visual impairment is a term experts use to describe any kind of vision loss, whether it's someone who cannot see at all or someone who has partial vision loss.

**Hearing Impairment**

Hearing impairment or deafness covers are terms we use to refer to someone who has some level of hearing loss.

**Types of disability sports**

Paraolympics

Goalball

Boccia

**Disability in Sport**

*What is the definition of a disability?*

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*The three top categories that disabilities fall under?*

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- 2.
- 3.

*Physical Impairment is*

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*Visual Impairment is*

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*Hearing Impairment is*

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*Name three different disability sports/events*

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- 2.
- 3.

## **Week 7**

### **Medical Conditions in Sport**

#### **Asthma**

*Asthma is a condition in which your airways narrow and swell. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath.*

#### **Diabetes**

*Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high or too low.*

*Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy.*

#### **Coronary Heart Disease**

A disease in which there is a narrowing or blockage of the coronary arteries (blood vessels that carry blood and oxygen to the heart).

#### **High Blood Pressure**

When the force of the blood pushing through your vessels is consistently too high. This can lead to heart disease and further health complications.

Blood pressure is recorded with 2 numbers. The systolic pressure (higher number) is the force at which your heart pumps blood around your body. The diastolic pressure (lower number) is the resistance to the blood flow in the blood vessels.

As a general guide: High blood pressure is considered to be 140/90mmHg or higher (or 150/90mmHg or higher if you're over the age of 80)

*Asthma is*

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*Diabetes is*

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*Coronary Heart Disease is*

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*High Blood Pressure is*

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## Week 8

### Medical Conditions Impacts on Sports Performers

#### *Asthma*

*Shortness of breath during physical activity is common and normally resolves when the activity stops. However, if physical activity causes symptoms with no relief after rest, or asthma symptoms peak soon after exercise, you may have exercise-induced bronchoconstriction.*

*Those symptoms include:*

*shortness of breath*

*feeling of a tight chest*

*dry or persistent cough*

*wheeze.*

#### *Diabetes*

*People with diabetes, including those with type 1 and type 2, can safely and effectively participate in sports and exercise. Physical activity is beneficial for managing diabetes, helping improve insulin sensitivity, control blood sugar levels, and reduce the risk of complications. However, individuals with diabetes need to be aware of potential risks and take steps to ensure their safety and well-being during physical activity.*

*Exercise helps the body use insulin more efficiently, which can lower blood sugar levels and reduce the amount of insulin needed.*

#### *Coronary Heart Disease*

*While regular physical activity and sports participation offer significant cardiovascular benefits, athletes with coronary artery disease (CAD) may require careful consideration and may not be able to participate in all sports without risk. While many individuals with CAD can safely participate in competitive or recreational sports, those at high risk of exercise-induced adverse events may need to adjust their activity levels or be advised against certain sports.*

#### *High Blood Pressure*

*High blood pressure, or hypertension, in sports can be a serious issue, especially when it comes to exercise-induced hypertension (EIH). While exercise is generally beneficial for lowering blood pressure, EIH can occur in some individuals, including athletes, even when they don't have a diagnosed case of hypertension. This means that blood pressure can rise significantly during exercise, potentially leading to future health problems.*

*Asthma impacts*

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*Diabetes impacts*

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*Coronary Heart Disease impacts*

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*High Blood Pressure impacts*

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## **Week 9**

### **Physical Activity Needs and Intensity Levels**

*Children and adolescents aged 5-18 years should do at least an average of 60 minutes per day of moderate-to-vigorous intensity.*

*Adults aged 19–64 and 65+ years should do at least 150 minutes of moderate-intensity aerobic physical activity per week. Around 30 minutes per day x5 days per week*

### **Intensity Levels**

*Sedentary – Not moving e.g. working at a desk*

*Light – Yoga or tidying things away*

*Moderate – Walking, cycling or shopping*

*Vigorous – Playing sport – football, rugby, netball or tennis*

*Very Vigorous – Sprinting up hills, weight training or press ups*

### **Physical Health Benefits**

Improved fitness/body composition  
Better quality of sleep  
Improved immunity to help prevent illness  
Reduction in the chances of long term health conditions

## **Physical Activity Needs and Intensity Levels**

*Children and adolescents aged 5-18 years should do at least*

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*Adults aged 19–64 and 65+ years should do at least*

.....  
.....

*Intensity Levels - Give examples of each. Sporting examples required*

*Sedentary –*

*Light –*

*Moderate –*

*Vigorous –*

*Very Vigorous –*

*Physical Health Benefits*

- 1.
- 2.
- 3.
- 4.

## Week 10

### Physical Activity Needs

#### Social health benefits to participants includes:

*Meet new people*  
*Making friends*  
*Enjoyment/fun*  
*Develop leadership and team work skills*  
*Decrease loneliness*

#### Mental health benefits to participants includes:

*Decrease stress levels*  
*Improve work life balance*  
*Decrease the risk of depression*  
*Improve mood*  
*Increase confidence and self esteem*

#### Physical health benefits to participants includes

*Improved fitness/body composition*  
*Better quality of sleep*  
*Improved immunity to help prevent illness*  
*Reduction in the chances of long term health conditions*

| Mental                               | Social                                  | Physical                                                |
|--------------------------------------|-----------------------------------------|---------------------------------------------------------|
| Increased confidence and self esteem | Meet new people                         | Better quality of sleep                                 |
| Improved mood                        | Enjoyment and fun                       | Improved immunity to help prevent illness               |
| Decrease stress levels               | Develop leadership and team work skills | Reduction in the chances of long term health conditions |
| Improved work life balance           | Making friends                          | Improve fitness and body composition                    |
| Decrease risk of depression          | Decrease loneliness                     |                                                         |
|                                      |                                         |                                                         |
|                                      |                                         |                                                         |

### *Physical Activity Needs*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

### *Mental health benefits to participants includes:*

- 1.
- 2.
- 3.
- 4.
- 5.

### *Physical health benefits to participants includes*

- 1.
- 2.
- 3.
- 4.

| <i>Menal</i> | <i>Socail</i> | <i>Physical</i> |
|--------------|---------------|-----------------|
|              |               |                 |
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|              |               |                 |
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*Increased confidence and self esteem, Improve fitness and body composition, Decrease loneliness, Develop leadership and team work skills, Improved work life balance, Decrease risk of depression, Improved mood, Enjoyment and fun, Better quality of sleep, Improved immunity to help prevent illness, Reduction in the chances of long term health conditions, Decrease stress levels ,Making friends & Meet new people*

## Week 11

### Barriers to Participation

*Barriers to participation*

*Cost*

*Access*

*Time*

*Personal*

*Cultural*

### Cost

*Grassroots Football: Training=£3 Matches=£3 Football boots shinpads=£50-£200 Transport to games=££*

*Swimming Lesson Lincs Inspire: 1 child £29.50 per month 2 children=£51.50 per month*

*Lincs Inspire Gym/Swim: Junior gym=£3.70 Adult=£6.50 Members: £32.50 per month Junior=£18.50*

*Bannatyne Health club: Membership=£45 per month Day pass=£15*

### **Methods to addressing cost**

*Make sport for accessible for less*

*Address the cost of living crisis*

*Equipment costs. Do they need to be so high? E.g. price of England football shirt*

### Access

*Below is Olivia's sport schedule;*

*Monday – Ice Skating – Grimsby*

*Tuesday – Football – Scartho*

*Wednesday – Athletics – Cleethorpes*

*Thursday – Netball – Grimsby*

*Friday – Gymnastics – Holten Le Clay*

### **Methods to addressing access**

*Public transport + discounts*

*Cycle*

*Free parking nearby*

*Better staff training to support individual needs*

*Increased range of sports and activities*

*Disabled access, ramps, lifts etc.*

### **Barriers to Participation**

*What are the Barriers to participation*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

### **Cost**

*Grassroots Football: Training=£3 Matches=£3 Football boots shinpads=£50-£200 Transport to games=££*

*Swimming Lesson Lincs Inspire: 1 child £29.50 per month 2 children=£51.50 per month*

*Lincs Inspire Gym/Swim: Junior gym=£3.70 Adult=£6.50 Members: £32.50 per month Junior=£18.50*

*Bannatyne Health club: Membership=£45 per month Day pass=£15*

*Methods to addressing cost*

- 1.
- 2.
- 3.
- 4.

### **Access**

*Below is Olivia's sport schedule;*

*Monday – Ice Skating – Grimsby*

*Tuesday – Football – Scartho*

*Wednesday – Athletics – Cleethorpes*

*Thursday – Netball – Grimsby*

*Friday – Gymnastics – Holten Le Clay*

*Methods to addressing access*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## Week 12

### Barriers to Participation

#### Time

People are always busy!

Tired after a long day and not enough time to rest and include everything

Lack of time due to other commitments

Family

School

Work

Commitments

Hobbies

#### ***Overcoming time restraints***

Child care – creche

Timetable your day

Extended opening hours early morning and late nights.

Home workouts

#### Personal

Below are reasons why people prevent going to a club, gym or join a physical activity:

Body image

Lack of self-confidence

Parental/guardian influence

Limited previous participation

Low fitness levels

Extended time off from previous participation

#### Cultural

>Single sex sport or physical activity sessions

Social norms of participating in unconventional clothing.

Muslim women are not allowed to engage in mixed sex sport and must observe a dress code covering their hair, arms and legs.

Lack of role models from own cultural background

Religious events could be a barrier such as Ramadan.

Racism

Language barrier

## **Barriers to Participation**

### **Time Restraints**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

### ***Overcoming time restraints***

- 1.
- 2.
- 3.
- 4.

### **Personal**

What are reasons why people prevent going to a club, gym or join a physical activity

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

### **Cultural**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.