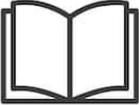
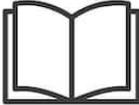


<h2 style="text-align: center;">6th Form Preparation work for BTEC National in Sport</h2>	 <p>Read the scenario on the next page. Highlight key pieces of information that would be important to begin adapting Christine's lifestyle to improve her general health</p> <p>Scenario Time: 15mins</p>	 <p>Listen to the podcast on the history and development of Golf and Tennis.</p> <p>Identify key information, you think was vital in this development</p> <p>History of Golf and Tennis podcast Time: 20mins</p>	 <p>Listen to the podcast by Kate Richardson-Walsh, GB Olympic winning Hockey champion on the importance of being a role model in sport.</p> <p>Take notes whilst listening, for key facts</p> <p>Importance of being a Role-model Time: 1hr</p>
 <p>Complete</p> <p>Using the Podcasts available, create a sporting history profile Golf and Tennis for key events that moulded their future developments.</p> <p>Time: 1 hour.</p>	 <p>Listen to the podcast on the History and Development of Football through the ages, leading to the dawn of professional football.</p> <p>History of Football Podcast</p> <p>Create a timeline of how the rules were developed over time and the game became more organised</p> <p>Time: 20mins</p>	 <p>Research:</p> <p>Research and revise the effects that performance has on the skeleton found on page 4/5 on this link:</p> <p>Skeleton Resource Show annotation on this resource</p> <p>This will build upon work you have completed in year 11</p> <p>Time: 40m</p>	 <p>Complete</p> <p>Produce a revision resource around the skeleton in the previous task. This must summarise, in detail, all bones and types, which will prepare you for September</p> <p>Time: 1 hour</p>
 <p>Watch</p> <p>TED talk with Mark Smith, whom talks about coaching and leading in sport.</p> <p>He tells his story about how he got into Softball and Baseball coaching and leading at a high level.</p> <p>Take notes to help with the next task</p>	 <p>Complete:</p> <p>Research the difference between qualities, roles and responsibilities.</p> <p>Create a table and included at least 3 different roles, responsibilities and qualities of a successful leader, both in and out of sport.</p>	 <p>Complete:</p> <p>Research 5 different professions that you can go into following completing a sports related course at Key Stage 5 and further education. Produce a summary of each job, what qualifications do you need to do it? Is there a distinct educational pathway to achieve this?</p>	 <p>Listen to the podcast and consider the impact of stress on sporting performance and potential strategies to overcome it.</p> <p>Write 3 paragraphs, identifying and analysing how stress can be overcome within performance</p>

Ted Talk – Mark Smith Time: 20 mins	Time: 30 mins	Time: 1 hour	Stress in Sport Podcast Time: 1 hour
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Task Scenario

Christine is a 48-year-old female. She works as a personal assistant for the managing director of a large company. Christine drives 2.5 miles to work every day. This takes an average of 30 minutes because of the heavy traffic.

Christine’s workload has increased a lot and she also has some problems in her personal life. She has started to lose her appetite and she often doesn’t have breakfast. This is having a negative effect on her health and wellbeing.

Recently Christine has started to feel both physically and mentally ill. She has needed to have a lot of time off work. Christine has decided to get some advice and guidance about her lifestyle. She is also going to go to her doctor for a health assessment.

Christine knows that her lifestyle is not healthy and that she needs to make some important changes. She would like to maintain a healthy work-life balance and to improve her general health and wellbeing.