

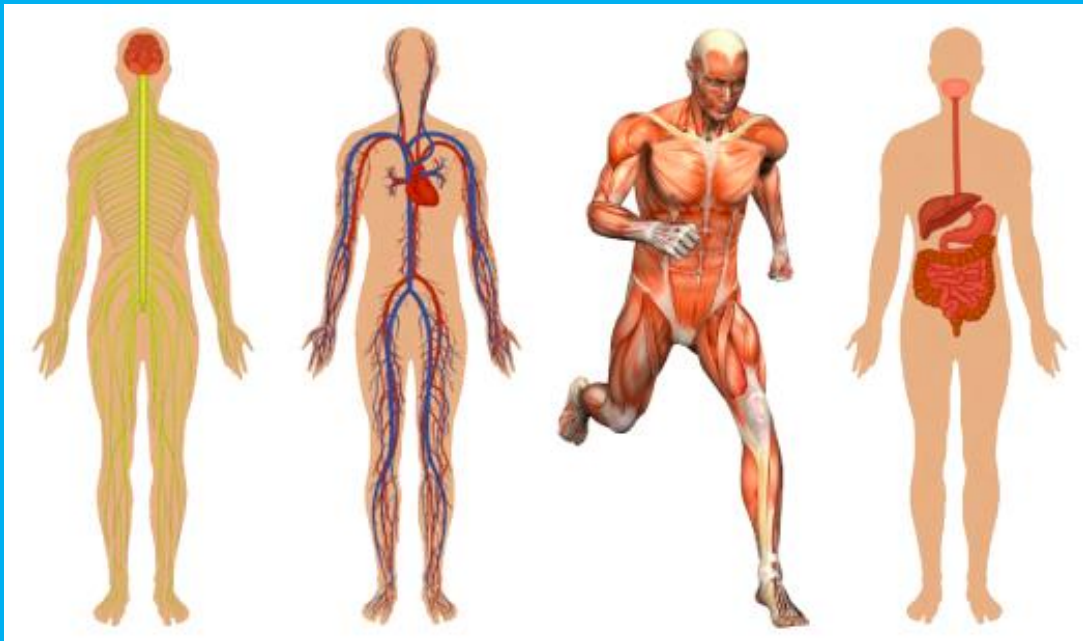
New College Pontefract

Summer Learning Tasks

BTEC Single Sport (Y11 into Y12)

Complete all tasks in this booklet to fully prepare yourself for your new course in September.

This will be handed in during your first lesson.

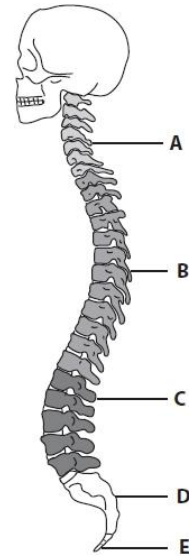


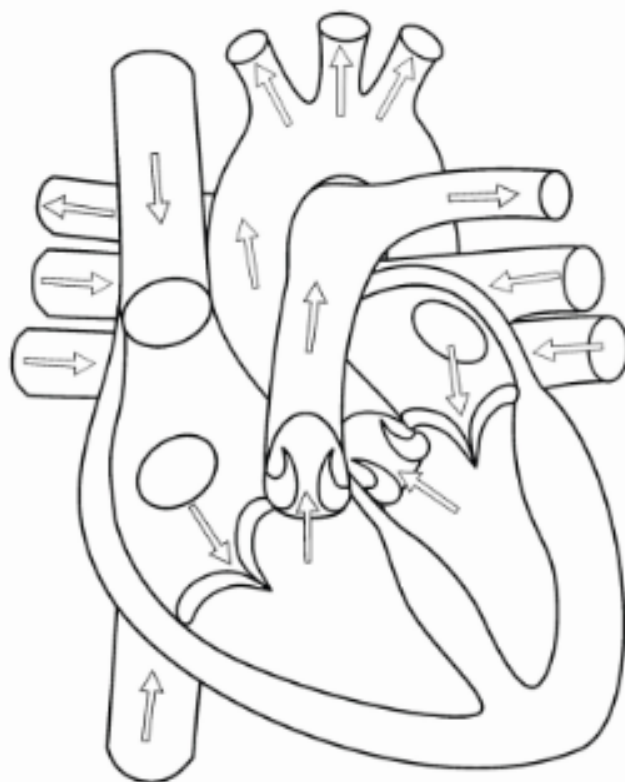
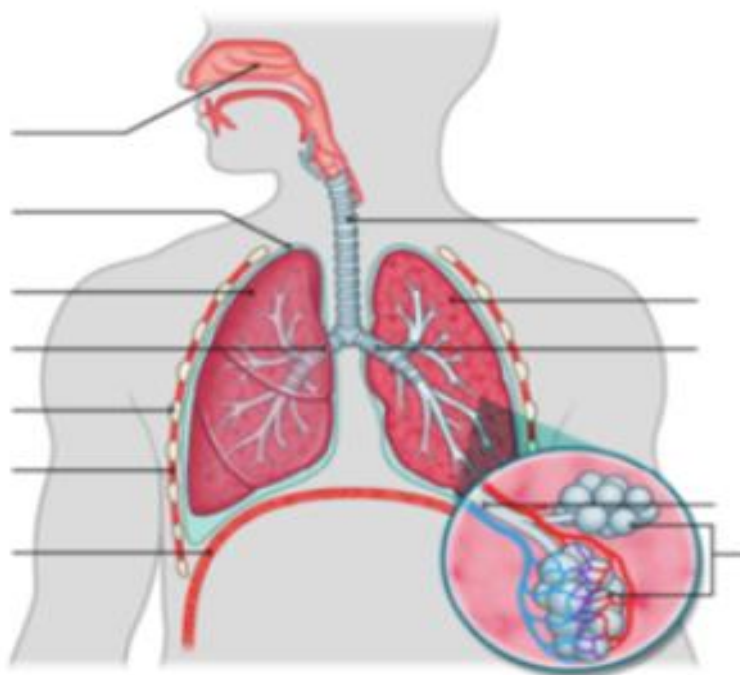
Name: _____

Task 1: Research the answers to label the components for the 4 body systems on the following diagrams.



Can you label the 5 regions of the spine...?





Task 2: Define the following terms below. Identify whether you knew this key term already or if you had to research it in the end column.

There will be 10 definitions for each body system...

- Muscular system
- Skeletal system
- Respiratory system
- Cardiovascular system

Key Term:	Definition:	Y = I knew this already. N = I had to research this.
Agonist		
Antagonist		
Isometric Contraction		
Isotonic Contraction		
Concentric Contraction		
Eccentric Contraction		
Skeletal Muscle		
Flexion		
Plantar-flexion		
Adduction		

Sesamoid Bone		
Ball & Socket Joint		
Hinge Joint		
Long Bone		
Patella		
Rib Cage		
Ossification		
Epiphyseal Plate		
Cartilage		
Synovial Fluid		
Tidal Volume		
Mechanics of Breathing		
Breathing Rate		
Residual Volume		
Gas Exchange		
Diffusion		

Partial Pressure		
Medulla		
Phrenic Nerve		
Diaphragm		
Heart Rate		
Stroke Volume		
Chemoreceptors		
Cardiac Control Centre		
Vascular Shunt		
Venous Return		
Systole		
Cardiac Cycle		
Sudden Arrhythmic Death Syndrome		

Task 3: Research short- and long-term effects of exercise on the following 4 body systems;

- Muscular
- Skeletal
- Respiratory
- Cardiovascular

Short Term Effects: Means what happens to this system as soon as we start exercising.

Long Term Effects: Means what happens to this system after long term exercise.

Muscular		Skeletal	
Short Term Effects	Long Term Effects	Short Term Effects	Long Term Effects
<ul style="list-style-type: none"> • E.g. Increased muscle pliability. 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • E.g. Increased bone density.
Respiratory		Cardiovascular	
Short Term Effects	Long Term Effects	Short Term Effects	Long Term Effects
<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • E.g. Increased lung volume. 	<ul style="list-style-type: none"> • E.g. Increased stroke volume. 	<ul style="list-style-type: none"> •

Task 4: In a spider diagram format, explain the following conditions below. You will need to know all of these for your new course.

Asthma

Arthritis

Diabetes

**Hypo-
thermia**

**Hyper-
thermia**

**Altitude
Sickness**

Hypoxia

Task 5:

Select **one** of the documentaries below and write a report summarising the content. Include...

- What is it about?
- Does it tackle any key issues in sport?
- What did you learn from it?
- How might what you have learned help you in your college studies?

OCR A LEVEL PHYSICAL EDUCATION DEVELOP YOUR KNOWLEDGE OF SPORTING CONTEXT IN PREPARATION FOR YOUR 2 YEAR COURSE



Books to Read

<i>The English Game</i> (Sport and Society)		
<i>Unstoppable</i> (Sport Psychology)		
<i>Icarus</i> (Drugs/Performance)		
<i>Stop at Nothing</i> (Doping in Sport)		
<i>Coach Carter</i> (Sport Psychology)		
<i>The Game Changers</i> (Diet and Nutrition)		
<i>Supersize Me</i> (Diet and Nutrition)		
<i>Blindside</i> (American Football)		
<i>Last Chance U</i> (American Football)		
<i>The Last Dance</i> (Michael Jordan)		
<i>Losers</i> (Adversity in Sport)		
<i>Moneyball</i>		
<i>Formula 1 Drive to Survive</i>		

<i>All or Nothing</i> Manchester City		<i>Subscribe to the Body Coach</i> (Joe Wicks) (Types of Training/Nutrition)	
<i>All or Nothing</i> New Zealand All Blacks		<i>Kobe Bryant</i> Black Mamba Doc	
<i>This is Football</i>		<i>Being Serena</i> Series	
<i>4 Minute Mile</i>		<i>"Is Professionalism Killing Sport"</i> BBC Documentary	
<i>The Program</i> (Lance Armstrong)		<i>The Psychology of a Winner 2020</i> Documentary	
<i>Andy Murray - Resurfacing</i> (Injury/Rehabilitation)		<i>Trent Alexander Arnold</i> Living the Dream	
<i>Dan Carter - Perfect</i>		<i>Tyson Fury</i> Road to Redemption	
<i>The Unknown Runner</i>		<i>Crossing The Line</i> Australian Cricket	
<i>The Race to Dope</i> (Doping System in Sport)		<i>Jürgen Klopp</i> Journey to Top	
<i>Muscle and Medals</i>		<i>Strive for Greatness</i> Lebron James	

Keep up to date with all the latest news in the world of sport, there is always something happening that links to the course.....

<i>Shoe Dog - Phil Knight</i> History/Story of Nike
<i>Bounce - Matthew Syed</i> Neuroscience/Psychology
<i>Black box thinking</i> Matthew Syed Psychology
<i>Unbeatable - Jessica</i> Ennis
<i>No Limits - Michael Phelps</i>
<i>My Time - Bradley Wiggins</i>
<i>Between the lines -</i> Victoria Pendleton
<i>Legacy - James Kerr</i> All Blacks (New Zealand Rugby)
<i>The Secret Race - Tyler</i> Hamilton and Daniel Coyle Drugs/Energy Systems/Deviance

Choose 2 from the lists above and write a report (minimum 1 xA4 for each) which;
(A01) Describes an overview of the Video/Book
(A02) Explains the relationship between the video/book and your OCR A level PE Specification
(A03) Analyses the video/book and discuss your opinion and conclusion
Tick the boxes of the ones you are completing. Feel free to watch as many as you want if you have time

Feel free to use any sports documentary / book / article etc...

