TRANSITION TO SIXTH FORM TASK

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TRANSITION TASK

(P1) Produce three posters describing Aerobic Endurance, Muscular Strength & Speed. For each poster you must also describe the relevant method of training (Continuous, Free Weights & Interval). You should include:
- Pictures & definitions
- Three Specific sporting examples of how each component of fitness is used in sport.
- Example of a session (showing what each method of training would include)

(M1) You should then explain how this method of training improves the component of fitness discussing physiological adaptations and how this improves sporting performance

KEY PRE-KNOWLEDGE TOPICS

Unit 1&2 - How the Cardiovascular system and respiratory system are affected by exercise. Bones and muscles.

Unit 4 & 7 - Fitness testing, Components of fitness, Methods of training.

Unit 3 - Hazards and laws involved in risk assessment.

KEY TERMS TO LEARN

Flexion, Extension, Abduction, Adduction, Rotation, Pronation, Supination Plantar Flexion, Dorsi Flexion, Vasoconstriction; Vasodilation, Flexibility, Proprioceptive Neuromuscular, Facilitation (PNF) stretching, Power, Plyometrics, Validity, Reliability, Periodisation (Macro, Meso & Micro Cycles).

RECOMMENDED WEBSITES

http://qualifications.pearson.com
http://www.teachpe.com/
https://books.google.com/?hl=en
http://www.topendsports.com/
http://www.livescience.com/22486-circulatory-system.html
https://www.sportengland.org/
https://www.youthsporttrust.org/
http://www.sportsleaders.org/

PLACES TO VISIT

EIS- Velodrome Manchester
National Football Museum- Manchester
Liverpool John Moores University

The George Hotel, Huddersfield (Birth place of RFL)
EIS- Athletics Sheffield
Leeds Beckett University

FA Headquarter- St George Park, Burton on Trent
Webb Ellis Statue at Rugby School (Birth place of RFU)
Loughborough University
Birmingham University
Bath University
Exeter University

Wembley, Twickenham and Lords- London
Brunel University

NECESSARY READING

Assignment 1 for unit 4 fitness testing & Programming.

BTEC Level 3 National Sport Book 1: Book 1 - BTEC National Sport 2010(Ray Barker & Mark Adams)

http://www.theguardian.com/lifeandstyle/2012/jun/20/ten-ways-to-train-like-elite-athlete

Unit 7 - Reading key pages and learning about plyometrics

BEYOND THE CLASSROOM

Level 2 Community Sports Leaders Award (offered on lunchtimes)
La Manga Sports Coaching Work Experience (Easter)
Level 1 NGB Coaching and officiating Qualifications
National Pool Lifeguard Qualification (October Half term at Leisure Centre)
Coaching extra-curricular clubs and teams/supporting in PE lessons
Compete for sixth form sports teams and out of school clubs/teams