**Preparing for Transition from Key Stage 4 to Key Stage 5**

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| **Subject** | **Qualification** |
| **Sport** | **BTEC** |
| **Recommended Reading Materials** | **Recommended Websites**  |
| * Following leaders within the Sports Science and Sports Coaching field on social media
* Download the BBC Sport app and use it to improve your knowledge of sporting issues
 | * [www.bbc.co.uk/sport](http://www.bbc.co.uk/sport) - BBC
* <https://www.pearsonschoolsandfecolleges.co.uk/FEAndVocational/Sport/BTEC/BTEC.aspx>- Pearson
* <https://www.youtube.com/watch?v=L_VeaCcmemU> - Anatomy and Physiology
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| **Preparation Tasks** | **Recommended Research**  |
| * You will not be expected to have an in-depth knowledge of these topics but knowing a little bit about them will help you to feel more confident when starting your studies.
 | * <https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/teaching-and-learning-materials/BTECNational_Sport_Unit1.pdf> - Pearson
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| **Recommended trips or visits this Summer** |
| Your local library (when open again), you may want to also shadow different workers in sport – this can include a PE teacher, Sports coach, Sport masseuse, in a gym where possible to get an understand of the different components of sport. |
| **Tasks to Complete** |
| * What are the effects of exercise and sports performance on the skeletal system?
* What are the effects of exercise and sports performance on the muscular system?
* What are the effects of exercise and sports performance on the respiratory systems?
* What are the effects of exercise and sports performance on the cardiovascular systems?
* What are the effects of exercise and sports performance on the energy systems?
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