

## The Friary School ~ Year 12 B Tec Sport bridging project

You will be taking B Tec Sport in September, in preparation for this, we would like you to complete two activities which will lend themselves to some of the knowledge and theory you will need to understand the course.

### **Activity 1 - linked to unit 1: Anatomy and Physiology**

**Scenario** ~ Imagine you are teaching a Year 10 GCSE PE group a theory lesson on bones, muscles, joints and the effects of exercise on these elements.

**We need you to:** create a powerpoint presentation that you would deliver to these pupils including all relevant information on bones, muscles and joints.

**Success criteria is based on:**

**Pass** ~ **describe** what each of the bones, muscles and joints are

**Merit** ~ **describe** what each of the bones, muscles and joints are and **explain** the different types of joints and the types of movements they can create

**Distinction** ~ **describe** what each of the bones, muscles and joints are and **explain** the different types of joints and the types of movement they can create. **Analyse** the effect of exercise on the muscular system (i.e. how does a muscle work, what is agonist/antagonist/synergist)

**Challenge element** ~ discuss the effects on the respiratory system when exercising (short and long term effects)

**Key tips:**

~ Go in to as much detail as you would like but remember that this is your opportunity to demonstrate the knowledge you already have in these topic areas.

~ As it is a presentation for a lesson, try and make it fun and interesting and use pictures and video links where necessary.

## **Activity 2 - linked to unit 2: Fitness Training and Programming for Health, Sport and Wellbeing**

**Scenario** ~ You are preparing for a talk where you will be advising clients who have a sedentary lifestyle of what the benefits are of a balanced and healthy lifestyle.

**We need you to:** create a pack of information that you would provide to these clients on the different aspects to ensure they can have a healthy balanced lifestyle. Some of the aspects you will need to include are:

- ~ What makes a healthy balanced diet?
- ~ Why do we need to eat the foods recommended?
- ~ How can poor eating habits affect health and well-being?
- ~ What role does exercise play in a balanced lifestyle and what is recommended?
- ~ What other aspects can affect a healthy lifestyle?
- ~ Where and why is information so readily available to the public? What is the government's agenda with obesity and how does this impact the NHS?

**Success criteria is based on:**

**Pass** ~ **describe** what makes up a balanced diet and other aspects that can affect a healthy lifestyle

**Merit** ~ **describe** what makes up a balanced diet and other aspects that can affect a healthy lifestyle and **explain** the impact that these other aspects can have on a healthy active lifestyle. Also **explain** the impact exercise can have on a lifestyle.

**Distinction** ~ **describe** what makes up a balanced diet and other aspects that can affect a healthy lifestyle and **explain** the impact that these other aspects can have on a healthy active lifestyle. **Explain** the impact exercise can have on a lifestyle and **analyse** the effects of other factors that can affect a healthy lifestyle and discuss how an individual could improve their lifestyle choices.

**Challenge element** ~ discuss why the government is so keen to encourage healthy active lifestyles. What impact does this have on them and society?

**Key tips:**

- ~ Go in to as much detail as you would like but remember that this is your opportunity to demonstrate the knowledge you already have in these topic areas.

**Hand in date** ~ all work is to be handed in on the first PE lesson back in September