

SPORT



11 - 12 TRANSITION WORK

Introduction

This work aims to introduce you to the course and its content by experiencing and considering sport from the different perspectives you will study on the course.

It will help develop skills such as understanding physiology and anatomy, sports development, sports performance and the social and cultural aspects of sport. You will learn to select appropriate resources when researching and applying this information when answering questions.

The written work will be used to help with the development of further knowledge in Unit 1 which you will begin to study in September. This unit is assessed through an external exam in January of year 12 and counts as 25% of your overall grade.

The other information will help with examples that you can apply throughout the course both in exams and in your coursework. The greater your knowledge of sport is from a wide range of perspectives, the more rounded your answers will be.

It will be an ongoing thing for you to collect and collate wider sporting knowledge and examples. The work on anatomy and physiology will be required in September where we will start with the skeletal system and then work through the other topics of the course of terms 1 and 2.

1 - Prepare for learning

For this subject you will need the following:

- Folder
- Dividers
- Pens
- Highlighters
- paper

Please bring these with you to your first lesson.

In some lessons, you will do practicals and will therefore need suitable sports clothing. Your teacher will tell you in advance when you will be doing practicals.

2 - Tasks for learning

The essential tasks are:

1. [Course overview](#): This overview will ensure you are clear about the content and demands of the course. Please read this.
2. [Unit 1 content](#): This guide will show what you will be studying in this unit. Please read this.

3. Complete the following tasks:

Skeleton and muscles:

For a sport of your choice identify 3 simple skills that are performed in that sport. For the execution part of the skill (when it is actually performed) identify the following information:

Skill	Bones involved	Muscles involved	Joints involved

Describe the movement that is taking place during each skill using some of the following terms; flexion, extension, abduction, adduction, circumduction, rotation. You can add a column on your table to complete this task separately.

Circulatory and respiratory:

Pick a performer in a team sport of your choice and complete the following tasks.

Describe how the performer's heart rate and breathing rate would change during different points in their performance. Consider different demands on the body in each part of the performance.

Describe how the performer you have chosen above would experience differences in their heart rate and breathing rate compared to someone playing in a different position in the same sport.

Describe how the performer you have chosen above would experience differences in their heart rate and breathing rate compared to someone with a different (higher or lower) level of fitness.

3 - Expand your mind

The following tasks are not compulsory but you are welcome to explore them if you would like to explore more of the elements of sports knowledge that we will look at in the units in this course:

Watch:

[Skeletal system structure and functions](#)

[Structure and function of the CV system](#)

[Structure and functions of the heart](#)

[Structure and functions of the respiratory systems](#)

[Structure and functions of the respiratory systems \(part 2\)](#)

Listen:

[BBC sounds sports podcasts](#)

[Sports podcasts](#)

There will be plenty of sports on TV and in the printed media with lots of sports happening over the summer including, Wimbledon, Tour de France, the Olympics and the Paralympics. All of these events are excellent for watching live performances as well as considering the wider issues of sports including sports development, sponsorship, organisation of sports and social issues in sports. Take some time to watch and read about these sports. Keeping a profile of any examples will help extend your knowledge and give you lots of examples to draw on in your course.