Shenley Brook End Sixth Form

Summer Transition Tasks

Subject:

Sport

Due date:

Monday 7 September 2026

Complete all the assessment tasks and be ready to complete the in-class assessments in your first 3 weeks of term!

Remember – this summer task and knowledge tests will be reported on in your First Progress Report on 6 October 2026

BTEC Sport Level 3 Summer Transition Tasks

Single students complete one whole unit (7 hours), Double students complete two whole units (14 hours) and Triple students complete three whole units (21 hours).

BTEC Sport Level 3 – Unit 1: Summer Transition Task
SINGLE STUDENTS - complete this (so unit 1)
Unit Title: Anatomy and Physiology
Estimated Time: 7 hours
Due Date: Monday 7th September 2026

Purpose of the Task
This task is designed to help you:
- Understand the basic structure and function of body systems
- Begin learning key terminology used in anatomy and physiology
- Prepare for the exam-based nature of Unit 1
- Develop your independent research and revision skills

Task Instructions – these can be Word Processed or handwritten

Assessment:

In September, you will have three knowledge tests that cover:
Test 1 - The five main body systems
Test 2 - Muscles and movement
Test 3 - The Heart

Part 1 – Introduction to Body Systems
Identify the five main body systems relevant to sport performance:
- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory system
- Energy systems

For each system, write a short paragraph explaining:
- Its main function
- An example of how it helps during sport or exercise

Part 2 – Key Terminology
Create a glossary of 20 important terms you might encounter in Unit 1. Include terms such as:
- Flexion
- Antagonistic pair
- Aerobic respiration
- Alveoli
- Cardiac output
Write a short definition in your own words for each.

Part 3 – Muscles and Movement
Choose one upper body and one lower body sporting movement (e.g. a basketball shot and a football kick).
For each movement, describe:
- The main muscles used
- The type of movement (flexion, extension, etc.)
- The role of the agonist and antagonist muscles
- Whether the movement is isotonic or isometric

Part 4 – Short Quiz
Create a 20-question multiple choice quiz on anatomy and physiology topics. Include questions covering:
- Body systems
- Muscle types
- Energy systems
- Function of the heart and lungs

Answer your own quiz to test your understanding.

Part 5 – Research Task: Effects of Exercise
Research and explain the short-term effects of exercise on three of the following systems:
- Cardiovascular system
- Muscular system
- Respiratory system
- Energy systems

For each, describe:
- What changes occur during or just after exercise
- How these changes help the body perform better

Part 6 – Research Task: The Heart
Watch an educational video (e.g. YouTube, BBC Bitesize) on how the heart works during exercise. Write a short summary or draw a labelled diagram to explain what you learned.

What to Submit
- A typed or handwritten document with all five parts completed
- Use diagrams and labelled drawings where helpful
- Bring this to your first BTEC Sport lesson or upload it to your class platform if instructed

Reading List
1) BTEC National Sport Student Book 1 (Pearson)

Author: Adam Gledhill, Louise Sutton, et al.

2) Revise BTEC National Sport Units 1 and 2 Revision Guide (Pearson)

Anatomy and Physiology for Sport and Exercise
Author: Chris Mulligan

Online Learning Platforms
1) BBC Bitesize – GCSE PE - Website: bbc.co.uk/bitesize/subjects/znyb4wx

YouTube Channels to Follow:
- The PE Tutor – Clear visual explanations of A&P.
- CrashCourse – Anatomy & Physiology.
- Seneca Learning – BTEC Sport.
- TeachPE.com

BTEC Sport Level 3 – Unit 7: Summer Transition Task
DOUBLE STUDENTS - complete this in addition to ALL the tasks above (so units 1 & 7)
Unit Title: Practical Sports Performance
Estimated Time: 7 hours
Due Date: Monday 7th September

Purpose of the Task
This task is designed to help you:
- Understand key expectations of Unit 7
- Reflect on your current practical sports experience and ability
- Begin analysing performance using key terminology
- Prepare for both practical and theoretical elements of the unit

Task Instructions

Part 1 – Your Sporting Background
Write a short reflection about your experience in sport so far. Include:
- Sports you currently participate in or have played
- Your strengths and areas for improvement
- Any teams, clubs, or coaching experience
- What you hope to improve or learn in Unit 7

Part 2 – Rules, Regulations, and Scoring Systems
Choose two sports that you are familiar with (e.g. football, netball, and badminton). For each sport, explain:
- The basic rules and regulations
- How the sport is scored
- One example of a rule being broken and the consequence

Part 3 – Skills and Techniques
In the two sports you chose in Part 2, describe:
- Three key skills or techniques used in each sport
- Why these skills are important for success
- How a performer can improve these skills over time

Part 4 – Analysis of a Performer
Watch a short clip or full game of a performer in one of your chosen sports.
Identify and analyse:
- Two strengths in their performance (with evidence)
- Two areas they could improve (with justification)
- What impact this would have on their overall performance

Part 5 – Fitness for Sport
Choose one of your two sports and explain:
- The most important components of fitness required
- How an athlete can train to improve these components
- One example of fitness testing related to the sport

Part 6 – Performance Analysis
Record a short video of yourself performing skills in one of your chosen sports. Include a short spoken or written analysis of what you're doing well and what you'd like to improve.

What to Submit
- A typed or handwritten document with all five parts completed
- Include any video links or diagrams if helpful
- Bring this to your first BTEC Sport lesson

Reading List
1) BTEC National Sport Student Book 1 (Pearson)
Author: Adam Gledhill, Louise Sutton, et al.
2) BTEC National Sport Student Book 2 (Pearson)
3) Practical Sports Coaching – Christine Nash

Online Platforms & Resources
1) BBC Bitesize PE – Skills, Tactics and Analysis
Website: bbc.co.uk/bitesize/subjects/znyb4wx
2) PE Scholar – www.pescholar.com
3) TeachPE.com

BTEC Level 3 Sport – Unit 19: Summer Transition Task
TRIPLE STUDENTS – complete this in addition to ALL the tasks above (so units 1,7 & 19)
Unit Title: Development and Provision of Sport and Physical Activity
Estimated Time: 7 hours
Due Date: Monday 7th September

Objective:
To help you understand how sport and physical activity are developed, organised, and provided across different sectors in the UK. This task will introduce you to key organisations, participation trends, and target groups.

Task 1: Research Key Providers of Sport and Physical Activity
Research and describe the role of the following sectors in the provision of sport:

1. Public Sector – e.g., local councils, Sport England
2. Private Sector – e.g., gyms, fitness clubs
3. Voluntary Sector – e.g., community sports clubs, charities

For each sector, include:
- An example of a provider
- What type of services or opportunities they offer
- Who their main target audience is

Task 2: Participation in Sport in the UK
Find current statistics on participation in sport and physical activity in the UK (use sources like Sport England or UK Active).
- Identify which groups of people are most and least likely to participate (e.g., based on age, gender, income, disability).
- Briefly explain 2 barriers that might prevent certain people from participating in sport (e.g., cost, accessibility).

Task 3: National Strategies and Campaigns
Choose one national campaign or initiative aimed at increasing physical activity (e.g., This Girl Can, Change4Life, We Are Undefeatable).
Answer the following:
- What is the aim of the campaign?
- Who is it targeting?
- How is it promoted?
- Has it been successful? Provide evidence if possible.

Task 4: Your Local Area – Sport & Physical Activity Audit
Create a simple guide to the sport and physical activity opportunities in your local area. Include:
- Local leisure centres or gyms
- Community clubs (football, netball, running, etc.)
- Parks or open spaces used for sport
- Any low-cost or free opportunities for people to get active

Bonus: Can you identify if there are any gaps in provision for certain groups?

Task 5: Interview or Survey
Interview a friend, family member, or coach about their physical activity habits. Ask:
- What motivates them to be active?
- What stops them from doing more?
- What would encourage them to take part more often?

Submission Instructions:
- Present your work neatly (typed or handwritten)
- Use headings for each task
- Include sources where applicable
- Bring this to your first Unit 19 lesson

Why This Matters:
This task prepares you to:
- Understand how sport is structured and delivered in the UK
- Identify participation trends and barriers
- Analyse strategies used to increase physical activity levels
- Apply your knowledge to real-life settings

Reading List
Sport England – About Us
https://www.sportengland.org/about-us

Local Authority Websites (e.g., your local council leisure services)
Find info on public leisure centres and sport schemes.

The Gym Group or PureGym websites
Private sector examples – browse their services, prices, and target market.

Sported UK
https://www.sported.org.uk
A great example of the voluntary sector supporting community clubs.

<u>Optional Reading:</u>
"Sport Development: Policy, Process and Practice" by Kevin Hylton
"Introduction to Sport Development" by Chris Mackintosh