

SPORTS

SUMMER PROJECTS
YEAR 11 STUDENTS

THE ULTIMATE ATHLETE
TAKING PART IN EXERCISE
DIET AND NUTRITION



HEART OF
WORCESTERSHIRE
COLLEGE

KICK START YOUR STUDY AT HOW COLLEGE WITH ONE OF OUR CURRICULUM BRIDGING PROJECTS

Background:

All sports performers want to be the best they can be. To reach optimal levels of performance requires years of dedication to training, including successfully overcoming any barriers such as injuries which might prevent a sports performer/ from achieving their goals.

Section One

‘The Ultimate Athlete’

Topics Covered: Fitness

Task 1:

Research using the internet, find 11 components of Fitness. List them in the table below.

Fitness	1.	2.	3.
4.	5.	6.	7.
8.	9.	10.	11.

Task 2:

Using either a computer, tablet or any materials you may have at home create a poster or infographic which highlights the key fitness attributes the 'Ultimate Athlete' for your chosen sport should have. Include the name of chosen sport in the poster. Include the components of fitness that athlete should have to be successful.



Section Two

'Taking part in exercise'

Topics Covered: Physical Fitness and Mental well-being.

You'll need a device to access the internet, a pen and some paper.

If you are physically fit and well enough and able to go and find an online workout such as 'PE with Joe' www.youtube.com/watch?v=4OT0feX8ld8 If you don't have access to the internet you could go for a brisk walk, jog or bike ride if it is safe and you are able to do so.

Task 1:

1. Take part in the workout to the best of your abilities (make sure you have a drink to hand!)

Write the name of the workout you did here _____

2. How did you feel physically during the workout - describe the changes to your body as the workout progressed. What was happening to you?

3. How did you feel mentally during the workout? Describe how you felt as things got harder.

4. After the workout how did you feel physically and how did you feel mentally?

Section Three

'Diet and Nutrition'

Topics covered: Nutrition

On your sports course you will learn about the different types of food you can eat and how they affect the human body in relation to wellness and exercise. The Eatwell Plate shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal but try to get the balance right over a day or across a week.

The Eatwell Plate (NHS 2011)



Task 1:

Visit the NHS Eat Well website and read through the content www.nhs.uk/live-well/eat-well/the-eatwell-guide/

Task 2:

Chose a recipe that you would like to eat from the 'Healthy Recipes' section www.nhs.uk/live-well/eat-well/hearty-vegetable-soup-healthy-recipe/?tabname=recipes-and-tips

What did you choose? _____

Task 3:

If you are allowed, and with adult supervision cook one of the 'Healthy Recipes' for either yourself or your family. How did it go? Take a photograph of the finished meal.

Section Three

'Sports Leadership'

Topics covered: Leadership & Management

Sports leadership takes many forms and with the sports industry growing each year, more members of society are opting to participate in sport in some way which means we will need more and more leaders in sport.

Task 1:

Using the internet to help you and your own knowledge, list as many different 'leadership roles' as you can from the world of sport and fitness. Remember, leaders can be volunteers, not just professional.

Task 2:

Choose a leader in Sport that you are familiar with. They could be someone who has coached or taught you or could be a famous coach from professional sport. Describe below what makes them such a good leader. How did they help you or others?

Task 3:

Watch a full sports match, possibly on Youtube or similar internet site. Identify the different leaders you see in the footage. Remember they may not be directly involved in the sports action, they may be off the pitch also. Explain what each of their roles are and how do they combine to make the sports match a success.

Indicative time for this project:

We recommend you spend roughly 15 hours on this project.

Instructions on how to submit this:

Please submit the completed booklet or your numbered answers to:

e. sport@howcollege.ac.uk

How will I benefit from this project:

This booklet helps support some of the learning you will do on a sports course at Heart of Worcestershire College.

What can I expect to get back after I submit my project work:

We will acknowledge receipt of your submission once we have received it and a member of the teaching team will give you some feedback when the new term starts later in the year.

Key information you should include:

Your name

Your email address

A contact telephone number