

SAS: SPORTS AND PUBLIC SERVICES

SUMMER PROJECTS
YEAR 11 STUDENTS

BTEC LEVEL 1
CERTIFICATE IN SPORT



HEART OF
WORCESTERSHIRE
COLLEGE

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

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Course Breakdown

Module:	Task 1	Task 2
Being Organised	Workbook – Organisational techniques alongside added resources.	Workbook – Reviewing of each technique, how it improved their routine.
Developing a Personal Progression Plan	Workbook identifying short-term and long-term goals. As well as resources to go with related work. Skills and behaviours to meet intended goals.	Workbook – Progressive timelines on how to reach short-term and long-term goals, with explanations.
Training for Fitness	Workbook – Produce a specific training plan that incorporates a specific training method.	Video Recorded – Upload to One Drive and photographic evidence added to workbook.
How Exercise Effects the Body	Group Work – Research and carry out 3 fitness tests and record results – Video Recorded.	Produce presentation of results in same groups – add slides to workbook.
Coaching Skills in Sport	Workbook and plan on specific skill breakdown.	Video recorded practical session – upload to One Drive. Evaluation in workbook on how session went.

Units

Sport	Public Services
A2 Developing a Personal Progression Plan	A1 Being Organised
SP5 How Exercise Effects the Body	SP6 Training for Fitness
SP8 Coaching Skills in Sport	

The content of these qualifications has been developed in consultation with Further Education colleges and other providers to ensure that the qualifications support progression to further learning and training.

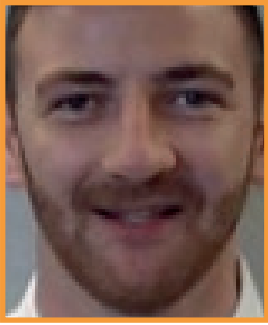
All learners taking these qualifications will study core units that focus on key transferable skills such as research and planning, time management and working with others.

Learners will also take a number of sector units. The content of the sector units offers a broad introduction to the skills and knowledge within that sector allowing the delivery to be practical and active in order to engage the learners.

For sport, the units cover activities such as organising a sports event and delivering a training session and for public services the units cover activities such as assisting a sporting activity, fitness testing and navigating a route.

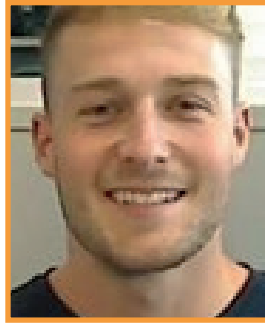
During your time on the course, you will be expected to complete 70 hours of work experience in an area/industry of your choice. As a college we have made some fantastic relationships with local businesses for our students to access. Past students have completed work experience at The Arena, Revolution Gym, Go Climb and many more.

Meet the staff



Tom Boyle

BTEC Level 1 Certificate in Sport and Public Services – Learning Skills Development Officer – Worcester Campus



Callum Clarke

BTEC Level 1 Certificate in Sport and Public Services – Learning Skills Development Officer – Redditch Campus

YOUTUBE CLIPS - Sport

Venous Return www.youtube.com/watch?v=J80hhCkLuaA

Stages of Learning www.youtube.com/watch?v=n7UcobScnck

Rational Recreation www.youtube.com/watch?v=SPrTPKj4ONQ

Diet and Supplements www.youtube.com/watch?v=pBAPapMCRlo

Newton's Laws www.youtube.com/watch?v=MAm6LOUnJ80

Aggression in Sport www.youtube.com/watch?v=DlrTha8cbAI

Revision www.youtube.com/watch?v=Hf9CUHsrKcQ

YOUTUBE CLIPS – Public Services

What to expect in the British Army youtu.be/nzGiiMZ7C-Y

Meet the Royal Navy Graduates youtu.be/qtzqrOFW86U

Be a Force for All: Join the Police youtu.be/gDTliGQzrCA

How to take a 4 figure grid reference youtu.be/c0du8v4EE_Y

How to take a 6 figure grid reference youtu.be/FXuo_ocVMVU

How to use a compass youtu.be/rZd0RfsC-9I

Work Experience

Have you taken part in any work experience/volunteering before? If so, where?

During this course you will be expected to complete 70 hours' worth of work experience, do you have an idea of where you would like to complete this? Explain why.

What skills would you like to gain from completing your work experience hours?

TASK 1

Levers in Sport

Using the YouTube clip below for background information, complete the table to demonstrate knowledge and understanding of levers within sport.

www.youtube.com/watch?v=d1wS_OIJzml

Lever Type	1st Class	2nd Class	3rd Class
Diagram of a Lever			
Where it can be found in the body. Provide 2 examples			
Give 2 examples of where the lever system can be used in sport			
What is the mechanical advantage of the lever system?			
What is the mechanical disadvantage of the lever system?			

TASK 2

Increasing Participation in Sport

Create a promotional video/advert/poster aiming to increase participation in sport. In the video/advert include the following:

- NHS Physical Activity Guidelines
- Benefits to increasing participation
- How to stay active and healthy

TASK 3

Produce an information sheet

Create an information sheet explaining the application and fitness requirements for the following public service roles and include how you could improve your fitness to meet these requirements?

- Royal Air Force
- Firefighter
- Army
- Navy
- Police

TASK 4 - Complete the Key Word search

L T Q N A V Y T J N O Q Z K D J P D M U L E A E
 T S A L N I D G F O N H N J U Z H W N L J H T J
 O O P H D D X C Q K I W V Z F A C T I V I T Y X
 J S M O B U W O O Q O N I N T C O K S J O R S D
 R K U C R G M E R M B P T W R O S O I W Q H H V
 I E S Q A T N X I G M I F S I O L I G A M E N T
 G L C I U R N D R G A U C R C R M A M A Z Y Y N
 C E L A M A Q N G A H N N E E D D S K E M Z T Z
 A T E U K I D T A R S T I I P I G H U R Y L C W
 X O V Y L H E R E U H U E S C N L G A O N E P T
 F N T P F P Y Z I N J K C S A A O L D B U I O W
 I R P U Q Z E T B C D K E M T T T C M I Y C L C
 T C T D I S T A N C E O U T J I I I T C S C I N
 N X T Y A G G Q P U B P N K F O N O O E V Z C Z
 E C Z X N X M A X I M U S W F N V G N N G J E J
 S I L K A D Q T E C H N I Q U E V I L O U E M O
 S S G R E P H Y S I C A L K N U L E Y F A C C O
 C R J V R Q O N J G U E D O V E O M A T G B Q Q
 N E I I O Y W X N S C Y B O D S G D I P I X U A
 F D L Z B G G I G N G Y L I F J V N A X L Z X Q
 W H X H I E P J A K Q V U W V D X D H M I S R Z
 E D C A C M J L Q H L G U T D A S R T K T H C A
 W Y U Q U W A P N K P X G L U T E U S W Y O E D
 V P K J M B B C L Q D P J D L B R L N G I P X F

ORGANISATION	BICEP
FITNESS	TRICEP
COMMUNICATION	GLUTEUS
AEROBIC	MAXIMUS
ANAEROBIC	QUADRICEPS
SPORT	PHYSICAL
ARMY	ACTIVITY
NAVY	GUIDELINES
POLICE	
TESTING	
SKELETON	
AGILITY	
BALANCE	
COORDINATION	
JUMPING	
DISTANCE	
WEIGHT	
SKILL	
TECHNIQUE	
MUSCLE	
BONE	
TENDON	
LIGAMENT	
JOINTS	

Written Task Practice – Choose 3 to answer

Explain how blood is redistributed to the working muscles?

Explain how oxygen diffuses from the lungs into the blood and how it is transported to the tissues?

Name the type of muscle contraction that occurs when kicking a football in a penalty shootout and identify the agonist and antagonist?

Army Soldiers need good cardiovascular endurance, why?

Explain what is to be expected in 'Phase 1' in Army Soldier selection and what strategy you would use to complete Phase 1?

What are the psychological benefits of performing a warm up and cool down?

Name and explain one theoretical principle that a coach could use to change a negative attitude to a positive one?

Explain the different types of anxiety and use examples of how these can have a negative impact on performance?

What is Post Traumatic Stress Disorder and how can it affect personnel in the Public Services sector?

Functional Skills - English & Maths

If you've not obtained a GCSE grade 4 or above in English and Maths, you will be required to attend mandatory English and Maths lessons each week. This is another opportunity for you to get the grades you need to progress beyond a level 1 course and make you more employable after you leave college.

These lessons will take place one a week for 2 hours and the lessons will run the duration of course. The lessons will cover a range of topics to help you build up confidence and fulfil your potential.

To help you become familiar with functional skills we would like you to answer the questions below as best as you can! There will be 3 topics covered – Maths, English Reading & English Writing.

Maths Questions

1. Lyn moves to a new flat.

These are the amounts she spends each month on rent and bills.

Rent: £679 **Bills:** £138

Calculate the total of these amounts.

Show your working and your answer below:

Answer:

2. Lyn pays for an internet contract.

How much will Lyn pay in total for the internet contract?

Show your working and your answer below.

Answer:

3. Monique wants to buy cleaning liquid for the flat.
She can choose 1 large bottle or 2 small bottles.

Bottle size	Amount in bottle:
Large bottle	1 Litre
Small bottle	429ml
Small bottle	429ml

Does 1 large bottle have more liquid than 2 small bottles?

Show your working out below.

Answer:

4. In June Gemma paid £68 for her electricity bill.

In July she will pay 5% more.

Workout Gemma's electricity bill for July?

Answer:

5. Daniel has these test results.

Test:	Results:
Public Services	46%
Maths	14/25
English	13/20
Art and Design	6/10

His tutor wants to compare these results.

List these results in order from best to worst

6. Bill is a builder.

On Monday he made mortar mix. He used 24kg of sand and 5kg of cement.

On Tuesday Bill will make the same type of mortar mix. He will use 36kg of sand.

How much cement does he need to make the same type of mortar mix?

Show your working out below.

Answer:

7. Write 2.71828 correct to 3 decimal places?

Answer:

8. John works Monday to Friday. He buys lunch on his way to work.

Each day John buys a sandwich, a bottle of water and a bag of crisps.

Shop A - any sandwich £2.85:	Shop B - £3 meal deal
A bottle of water 60p	Any sandwich, a bottle of water & crisps
A bag of crisps 85p	

John thinks he will save more than £7.50 a week if he buys his lunch each day from shop B instead of shop A.

Is John correct? Show your working out below.

Answer:

English Reading Task

Instructions:

Please read the article below carefully. Answer the questions that follow relating to the article.

Is reading a thing of the past?

There is a popular opinion that most young people have no time for interests such as reading because they are glued to their mobile phones, messaging friends or using social media.

This opinion is not supported by the facts. JK Rowling's Harry Potter books and novels by David Walliams and Jacqueline Wilson sell in large numbers to under-sixteens. Writers such as Roald Dahl are still enjoyed by many young people whose parents would also have read his books.

What has changed is the way young people read. Now the majority of people under 30 in the UK say they prefer to read on a tablet, laptop or computer. Those young people who seem busy on their mobile devices may well be reading a book or an article. Modern devices mean that you can download novels by famous authors from the past, such as Charles Dickens, for free.

In the USA, an increasing number of readers now don't read printed books at all, with many young people signed up to online borrowing services. New technology means more people across the world have the opportunity to read material on screen. For example, in some parts of Africa and Asia, children can read many more books now than they did 10 years ago. This is because of the availability of mobile phones.

The changes in the way that people read have affected libraries in the UK. Nowadays fewer people go to libraries to borrow books and so libraries are finding new ways to encourage reading. Many now stock e-books and serve refreshments. Others are starting book clubs and workshops for young adults that include helping them to write their own blogs.

It's clear that, despite what some people think, young people still enjoy reading.

Questions:

1. The main purpose of Text A is to:
 - A. Advise you how to download a book
 - B. Argue that young people enjoy reading
 - C. Persuade you to attend a book club
 - D. Explain why parents read to their children

Answer:

2. According to Text A, which writer's books can you download for free?

- A. Jacqueline Wilson
- B. Roald Dahl
- C. Charles Dickens
- D. David Walliams

Answer:

3. According to Text A, which one of the following statements is correct?

- A. Book clubs are starting up in Asia.
- B. Tablets are widely available in Africa.
- C. Online borrowing is expensive in the USA.
- D. E-books are stocked in libraries in the UK

Answer:

4. According to Text A, why might young people have no time for reading?

5. Paragraphs are one of the features of Text A that help to present information. Name two other features of Text A that help to present information.

1.

2.

English Writing

Now it is time to express yourself!

Instructions:

Writing in paragraphs we want you to tell us 3 things:

1. Why have you chosen this course?
2. What do you hope to achieve from this course?
3. What do you feel you will gain from this course?

Please write in paragraphs and make sure you check punctuation and spelling.

Student Rules & Standards

Students will be expected to:

- Show positive student behaviour and respect for College buildings, facilities and other people's property
- Take responsibility for their own learning, ensuring that they are always ready to learn with the appropriate tools, equipment, behaviour and attitude and complete tasks/ assignments within set time frames to meet given targets
- Treat each other with the utmost respect and consideration
- Be committed to promoting fundamental British Values including democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs
- Attend all classes and study sessions on time, including Tutorials, Work Experience, English and Maths and all provision that enhances employability and personal effectiveness
- Familiarise themselves with College safeguarding processes and procedures, including the Prevent agenda
- Report any concerns in a timely and appropriate manner and act in the best interest of others at all times, including in matters of bullying, including cyber bullying and discrimination
- Maintain these Standards when off campus on work placement and on educational visits
- Act as ambassadors for the College, recognising that their behaviour contributes to the reputation of the College within the community
- Show on demand their ID badge when on College premises and/or when undertaking College activities

General standards

- Attendance 95% and punctuality 100% and inform the College of all absences
- Clothing must be appropriate for the curriculum area
- Comply with all health and safety guidelines and standards for the curriculum area
- Food and drink must not be consumed during lessons
- Refrain from copying work, using mobile phones or personal electronic devices unless instructed to do so
- Inform the College immediately of any change in your personal details
- Refrain from smoking, possession or distribution of illicit substances, consumption of alcohol, acts of violence or carrying any offensive weapon
- Comply with any requests by the Principal or delegated members of staff to search you or your belongings

Indicative time for this project:

We recommend you spend roughly 10 hours on this project.

Instructions on how to submit this:

SAS Bridging Unit: <https://driveuploader.com/upload/0xzfrEVmi3/>

Whether you are submitting a written document or a video file, please ensure you include your name and email address so we know how to contact you. If you have trouble submitting your work, then please feel free to contact Stefan Graham who will help you with any problems, his contact details are **sgraham@howcollege.ac.uk** or phone on **01527 572720**.

How will I benefit from this project:

By completing this project, you will gain an understanding of a number of key skills that link to your chosen course. This will also allow the course tutor to look at the level of your work, commitment and will support the feedback offered to you at the start of the course.

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