

# Samuel Whitbread Academy

## 6<sup>th</sup> Form Induction Day

### LEVEL 3 BTEC Sport

KS5 Lead: Mr Brasier

<https://www.mdhteamwear.co.uk/club-shops>

Username – swa6form

Password – whitbread

# 6<sup>th</sup> form PE Uniform -



# Single

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## Edexcel BTEC Level 3 Extended Certificate in Sport:

- ✓ 4 Units over 2 years
- ✓ Equivalent to 1 A level
  - ✓ 2 Exam unit
- ✓ 2 Coursework units



Stage 1: Teaching and Learning

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graph TD; S1[Stage 1: Teaching and Learning] --> S2[Stage 2: During Assessment]; S2 --> S3[Stage 3: Assessment]; S3 --> S4[Stage 4: IV]; S4 --> S5[Stage 5: Resubmission]; S5 --> S6[Stage 6: Assessment and Resubmission IV];
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Stage 2: During Assessment

Stage 3: Assessment

Stage 4: IV

Stage 5: Resubmission

Stage 6: Assessment and Resubmission IV

# Submission of work

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- ❑ Teachers will set a deadline of work on the assignment brief and on Goggle Classroom.
- ❑ You will be given more than enough time to complete work before the deadline. Deadlines should not be missed.
- ❑ All students are expected to submit all work by the deadline via Goggle Classroom. Please ensure you press 'hand it in'.
- ❑ Teachers will give you feedback/ your mark within 3 weeks.
- ❑ You will be given time to then resubmit your assignment if you require.
- ❑ This will be the only opportunity you get to resubmit.



# Failure to meet deadlines

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- ❑ If you fail to submit a task to your teacher on time the following sanctions will take place:
  - ❑ Academic Referral sent home
  - ❑ Phone Call home
  - ❑ Attendance to the BTEC Catch Up Sessions until the work is completed
  
- ❑ Failure to meet deadlines in 3 or more tasks will result in a meeting with parents.



# Grading of Work

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- ❑ 3 or 4 assignments per unit.
- ❑ Each assignment may be marked
  - ❑ PASS
  - ❑ MERIT
  - ❑ DISTINCTION
- ❑ You will not be able to attain a Merit without also meeting the Pass criteria and likewise you will be unable to attain a Distinction without meeting both the Pass and Merit criteria.
- ❑ However, if you fail the exam..... you fail the whole course!!!!  
However there is a new grade in the exam, this is called a Near miss (N grade). Which is less than a pass, however is worth credits and enables you to pass the course.



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Status	Type	GLH	Unit Number	Unit	Course
Mandatory Synoptic	<b>EXAM</b>	120	1	Anatomy and physiology	Single
Mandatory	A	60	3	Professional Development in the sports Industry	Single
Mandatory	<b>EXAM</b>	120	2	Fitness Training and Programming	Single
Mandatory	A	60	3	Professional Development in the sports Industry	Single
Mandatory	A	60	7	Practical sports performance	Single

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# Today's Task

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Take 4 coloured pens

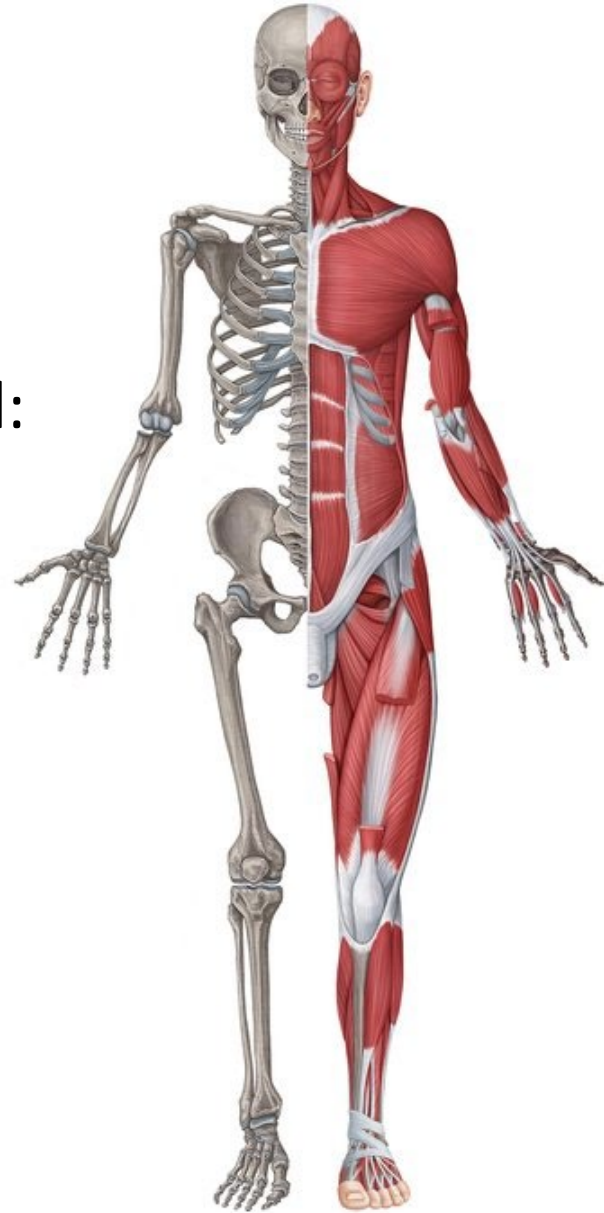
On the table draw a body and label:

Colour 1 Cardio-vascular

Colour 2 Respiratory

Colour 3 Muscular system

Colour 4 Skeletal system



# Summer Task 1 - Skeletal system

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Answer the following questions before completing the table

- Name the major bones in the skeleton.
- Name the 5 types of bones and their function.
- Identify the bones that make up the appendicular and axial skeletons.
- Name the 3 types of joints.
- Synovial is a type of joint name the 6 examples found in the body.
- Complete the table

Name a joint	Type of Synovial Joint	Articulating Bones	Sporting example
e.g Shoulder	Ball and socket	Humerus and scapular	Lateral raise Bowling in cricket



# Summer Task 2 – Muscular System

- ? Name the major muscles of the muscular system and complete the diagram.
- ? Name the 3 types of muscle and 2 characteristics for each.
- ? Muscles work in antagonistic muscle pairings. Define the terms antagonist, agonist, fixator and synergist.
- ? Identify the 3 types of muscle contraction.
- ? State the 3 types of muscle fibres and their characteristics.

