

Sixth Form Transition Tasks 2025: **PE: Sport & Physical Activity**

1. **WATCH A VARIETY OF DIFFERENT SPORTS LIVE AND ON TV.**
2. Download the BBC Sport App to your phone and check it daily.
3. Please choose at least 1 task to complete from EACH column from the choices below.

Read	Watch	Listen	Create 1	Create 2
Cambridge Technicals Level 3 Sport and Physical Activity ISBN: 9781471874857 Publisher: Hodder Education £28 Research and read about Hans Eysenck and take his personality test. https://similar minds.com/eysenck.html Any Sporting Autobiography	Driven: The Billy Monger Story https://www.bbc.co.uk/iplayer/episode/p06qx4qt/driven-the-billy-monger-story Andy Murray: Resurfacing https://www.amazon.co.uk/Andy-Murray-Resurfacing/dp/B081Z731N2 Pele, Argentina and the Dictators https://www.bbc.co.uk/programmes/m000kk3h Rooney 2004: The world at his feet https://www.bbc.co.uk/iplayer/episode/m001ztdn/rooney-2004-world-at-his-feet There's only one Rob Burrow https://www.bbc.co.uk/iplayer/episode/m0020bp1/theres-only-one-rob-burrow	Don't tell me the score - Work ethic: David Coulthard https://www.bbc.co.uk/programmes/p08gkk7j Don't tell me the score - Pressure: Dave Alred MBE https://www.bbc.co.uk/programmes/p0863ppx Don't tell me the score - Leadership: Mike Brearley https://www.bbc.co.uk/programmes/p07ydfrr Sport and Fitness: Running in Circles https://www.bbc.co.uk/sounds/play/b0736vv6 Any other sporting Podcast that interests you.	Create a 3 slide powerpoint on the Three Energy Systems • ATP-PC system • Lactic Acid System • Aerobic System Explain with diagrams what Gaseous Exchange at the Alveoli is and how it works. Create an A4 fact file on the Olympic Games. Look into politics and funding. What is the purpose of the olympics according to the IOC. Explain with diagrams and or pictures what the department for culture, media and sport does.	Create a table on the characteristics of the 3 muscle fibre types. Type1, Type2a, Type2b Create a poster on the Classification of skills. Open/Closed Gross/Fine Simple/Complex Discrete/Serial/Continuous. Answer these questions. • What are the four stages of group dynamics? • Describe the difference between NACH and NAF. • What are the three main leadership styles? • List the key characteristics of the three leadership styles. Create a fact sheet on: Sport England or an NGB of your choice.