

6th Form Preparation work for BTEC SPORT	Skim Read the specification.  <i>Time: 30 mins</i> https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/btec-l3-national-ext-cert-in-sport-spec.pdf	Unit 2 - Fitness Training & Programming Complete a powerpoint/google slides presentation detailing your aspirational sport career plan <i>Time: 60 mins</i>
Unit 1 – Anatomy and Physiology -The Skeletal System  System Watch https://www.youtube.com/watch?v=LMZStgTd-Tw <i>Time: 13 mins</i> https://www.youtube.com/watch?v=mMecn9S4zW4 <i>Time: 14 mins</i> https://www.youtube.com/watch?v=E4RjzRzKafk <i>Time: 13 mins</i> https://www.youtube.com/watch?v=JbT-oygHL-w <i>Time: 14 mins</i>	Watch  https://www.youtube.com/watch?v=z4dS_7NNSok&t=15s <i>Time: 17 mins</i> https://www.youtube.com/watch?v=-GEWi9fNKRA <i>Time: 4 mins</i> https://www.youtube.com/watch?v=nhOY5xCVhpl <i>Time: 6 mins</i> https://www.youtube.com/watch?v=mt8VycST1_s <i>Time: 6 mins</i>	 Create a Skeletal System mind map to summarise the information from the videoclips you have just watched <i>Time: 60 mins</i>
The Muscular system  Watch https://www.youtube.com/watch?v=zW20MP64vVM <i>Time: 13 mins</i> https://www.youtube.com/watch?v=utQK-NIL9tQ https://www.youtube.com/watch?v=qg65ZlIK7	Watch  https://www.youtube.com/watch?v=cES44_7eUY https://www.youtube.com/watch?v=QItS-l2-pRg https://www.youtube.com/watch?v=G3L_KbsCDgQ https://www.youtube.com/watch?v=IM-zC4EVN	 Create a Muscular System mind map to summarise the information from the videoclips <i>Time: 60 mins</i>

<u>3A</u> https://www.youtube.com/watch?v=rMcg9YzN <u>SEs</u>	<u>sY</u>	
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