












<p>6th Form Preparation work for A-Level PE/BTEC National in Sport</p> <p>Week 3 and 4</p>	<p> Watch</p> <p>IF possible, watch the documentary on Netflix “The Game Changers”. The documentary explores the effects of a non-meat diet in sport. Consider the application of this to an endurance athlete.</p> <p>The Game Changers (on Netflix)</p> <p>Time: 1 hour 25 mins</p>	<p> Read</p> <p>PPOnline article pg18. Concurrent training</p> <p>Consider the application of this to a sport to an endurance athlete and outline how it could be included in their training-programme.</p> <p>Concurrent training: all together now</p> <p>Time: 1 hour</p>	<p> Complete</p> <p>Based on what you have read and watched in the two tasks on this top row, for a sport and/or athlete of your choice, provide a report on the recommendations of diet and training.</p> <p>Time: 1 hour</p>
<p> Watch</p> <p>The YouTube clip “principles of Training” using the link below.</p> <p>Principles of training</p> <p>Time: 7 mins</p>	<p> Listen to the podcast “sprint training for fitness” from Fitness for Sport Podcast. Consider its application to their general population.</p> <p>Sprint training for fitness</p> <p>Time: 1 hour 18 mins</p>	<p> Complete Based on what you have listened to in the two tasks to the left, and the PPOne article from last week, produce a mind-map of information on the application of various types of fitness for an untrained/unfit individual.</p> <p>Time: 1 hour</p>	<p> Watch the 2012 badminton final from the olympics</p> <p>Consider the importance and range of skills, techniques and tactics used in the game.</p> <p>2012 Final</p> <p>Time: 2hrs</p>
<p> Watch the Wimbledon tennis final from 2019.</p> <p>Consider the importance and range of skills, techniques and tactics used in the game.</p> <p>Wimbledon Final 2019</p> <p>Time: 4hr</p>	<p> Watch the 2016 Olympic Handball final.</p> <p>Consider the importance and range of skills, techniques and tactics used in the game.</p> <p>2016 Handball</p> <p>Time: 1hr 30min</p>	<p> Watch the NBA finals game 4 from 2017</p> <p>Consider the importance and range of skills, techniques and tactics used in the game.</p> <p>NBA 2017</p> <p>Time: 2hrs</p>	<p> Complete</p> <p>Based on the sports you have just watched outline the differences and similarities in the sills, techniques and tactics used.</p> <p>Time: 1 hour</p>