

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

Please choose at least 5 tasks to complete from the choices below.

Read	Watch	Listen	Visit	Create
<p>Cambridge Technicals Level 3 Sport and Physical Activity ISBN: 9781471874857 Publisher: Hodder Education £28</p> <p>Research and read about Hans Eysenck and take his personality test. https://similarminds.com/eysenck.html</p> <p>Legacy, By James Kerr ISBN: 9781472103536 Publisher: Constable, 2013</p> <p>The Chimp Paradox By Professor Steve Peters ISBN: 978-0091935580 Publisher: Vermilion 2012</p>	<p>Driven: The Billy Monger Story https://www.bbc.co.uk/iplayer/episode/p06qx4gt/driven-the-billy-monger-story</p> <p>Andy Murray: Resurfacing https://www.amazon.co.uk/Andy-Murray-Resurfacing/dp/B081Z731N2</p> <p>Anton Ferdinand: Football, Racism and Me https://www.bbc.co.uk/iplayer/episode/m000pzpr/anton-ferdinand-football-racism-and-me</p> <p>Sports Documentaries on BBC iplayer https://www.bbc.co.uk/programmes/p08pxr6c</p> <p>"The last dance" netflix https://www.netflix.com/gb/title/80203144</p> <p>The rise of superstar Michael Jordan and the 1990s Chicago Bulls, with unaired footage from an unforgettable 1997-98 season.</p>	<p>Don't tell me the score - Work ethic: David Coulthard https://www.bbc.co.uk/programmes/p08gkk7j</p> <p>Don't tell me the score - Pressure: Dave Alred MBE https://www.bbc.co.uk/programmes/p0863ppx</p> <p>Don't tell me the score - Leadership: Mike Brearley https://www.bbc.co.uk/programmes/p07ydfrr</p> <p>Sport and Fitness: Running in Circles https://www.bbc.co.uk/sounds/play/b0736vv6</p>	<p>National Paralympic Heritage Trust (NPHT) Aylesbury https://www.paralymphicheritage.org.uk/Event/heritage-centre#Visitor_info</p> <p>National Football Museum Manchester www.nationalfootballmuseum.com</p> <p>The Wimbledon Lawn Tennis Museum And Tour London https://www.wimbledon.com/en_GB/museum_and_tours/index.html</p> <p>World Rugby Museum and Twickenham Stadium Tours Twickenham, London https://worldrugbymuseum.com/</p>	<p>Create a table on the characteristics of the 3 muscle fibre types. Type1, Type2a, Type2b</p> <p>Create a poster on the Classification of skills. Open/Closed Gross/Fine Simple/Complex Discrete/Serial/Continuous.</p> <p>Answer these questions.</p> <ul style="list-style-type: none"> • 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. <p>Create a fact sheet on: Sport England or an NGB of your choice.</p>

	<p>Lance</p> <p>https://www.bbc.co.uk/iplayer/episode/p08qzcqr/lance-part-1</p>			
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