

PE DEPARTMENT

Welcome to Lady Lumley's PE department. I hope that your exams have gone well and that you are looking forward to beginning your 6th form journey.

Stay fit over summer, train hard and I look forward to seeing you in September.

If you would like to contact me over the summer break with a question, my email is:

s.turner@ll.coastandvale.academy

The following suggestions will allow you to access the start of the course and give you a rounded view of the topics within the specification. You must access at least **3** from the lists below prior to the start of the course. The Netflix, Amazon and Sky documentaries are particularly interesting.

We will be speaking to you about these in September.

Books:

- Pearson BTEC National Sport (2016) – chapters 1, 2, 3 and 7
- Sports rule books and coaching guides
- Sports Biographies/Autobiographies

Journals

- Journal of Sports Sciences
- Journal of Sport & Social Issues
- All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s). They are therefore valuable wider reading material
- National newspapers. The sports pages report global events and the biggest issues

TV

- Sky sports news
- Live sport – watch local, national and global events.
- Sports biographies and 'day in the life of' programs give an excellent insight into the world of the elite athlete
- Netflix – The Last Dance and Icarus both give a detailed insight into the world of professional sport.
- Sky Documentaries – Tiger, an account of the background and dedication of Tiger Woods.
- Amazon Prime – Free Solo, one man's crazy free climb of 'El Capitan'.

Websites

- www.theeverlearner.com
- www.sportengland.org
- www.brianmac.co.uk
- NGB websites - e.g. The FA www.thefa.com, The RFU www.rfu.com etc.

Live sport

- Active involvement in a sports club or team is essential.
- Go to live sports fixtures and events – This is fun and may help your grades!

For the start of the course, you must:

1. Select your strongest sport.
2. Complete an audit of the skills required for success in this sport.
3. Film yourself playing this sport, this should be a 10-minute clip.
4. Watch back the recording and highlight your own strengths and weaknesses in a team or individual sport. This will be an interesting process, try and be positive about yourself. Write bullet points while you are watching it back.
5. Create one side of A4 discussing your performance. Consider things such as technique, your movement, maybe focus on your footwork.
6. Watch at least one match at Wimbledon or in the women's world cup and create a 300-word report for the game.

