

If it doesn't challenge you, it won't change you.” “If you only ever give 90% in training then you will only ever give 90% when it matters.” “He who is not courageous enough to take risks will accomplish nothing in life.”

Fred Devito (Fitness Coach)

PE DEPARTMENT

Welcome to Lady Lumley’s PE department. 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.

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:

l.douglas@ll.coastandvale.academy

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

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 should:

1. Complete an audit of the skills required for success in a team and an individual sport.
2. Film yourself playing a competitive individual or team sport.
3. Highlight your own strengths and weaknesses in a team or individual sport.
4. Identify ways in which you can improve your performance in the team or individual sport.
5. Complete the attached booklet on Anatomy and Physiology.