



SUMMER WORK

Single award students Tasks – 1-4
Double award students Tasks- 1-6

UNIT 1-

Task 1-

Label the skeleton and identify ALL major joints and the movement available at the joint.

Task 2-

Label ALL muscles in the body- describe the role of the muscle and an action which the muscle allows

UNIT 2-

Task 3- Explain at least 4 different types of training and identify the most appropriate sport for that training type.

Task 4- Explain ALL principles of training and why they are important. Including target setting.

UNIT 4-TASK 5

What makes a leader successful?

Find a sports leader that you respect-

Research what has made them successful, what skills, qualities, responsibilities do they have?

Find quotes from other people to support your claim that they are a good and well respected leader

UNIT 22-TASK 6

Think of a business that is heavily involved in sport and explain why that business might have invested huge sums of money to be apart of that club/ sport

What is a privately owned business?

What is a public limited company?.