

HELSEBY

Sixth Form



Year 11 Sixth Form Transition Material

Sport & Physical Activity

Congratulations on choosing to study Sport Studies at Cambridge Technical Level 3

The information and tasks contained in this booklet will help you to research and prepare for your course when you start at Sixth Form Helsby in September. They will provide you with an overview of what to expect from your Level 3 studies and help you to develop a greater understanding of the subject.

This is by no means an exhaustive list but it will help you to start thinking about the subject and extra-curricular study and research.

Podcasts/Youtube

https://youtube.com/playlist?list=PLUb-9-TpmYV8sfMUrOIFJeACy3OuJJp_d&si=eLQXgBq1CH_WsKy

<https://youtu.be/QOsHNL6V8O8?si=NCRgyy3cwi83qGZN>

The Sports Psych Show
High Performance
Surgical Goals – Sports Injuries

Trips/Visits

The National Football Museum
Etihad Campus

Reading/websites

Sportplan.net
UKcoaching.org
Sportengland.org
Uksport.gov.uk
niams.nih.gov/health-topics/sports-injuries

Films/Documentaries/TV

The Playbook
Any Given Sunday
Moneyball
Murderball
Driven: The Billy Monger Story

UCAS

<https://www.ucas.com/explore/subjects/sport-and-exercise-science>

Other Resources

<https://www.ocr.org.uk/qualifications/cambridge-technical/sport-and-physical-activity/#level-3>