



6th Form 2026 Summer Transition Work

SUBJECT:	SPORTS STUDIES – BTEC NATIONAL EXTENDED CERT IN SPORT
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Listed below are the pre-reading and preparatory tasks you should complete prior to commencing your 6th form course. These tasks are designed to help you transition smoothly and succeed academically and personally in your new environment.

Task	Resources or Guidance
Familiarise yourself with the anatomy and physiology of the human body by watching the video attached to the right.	https://www.youtube.com/watch?v=LMZStgTd-Tw&list=PLxnIL5Vlzsu4GIAYDxt2-7TPww7liUONW
Watch the video attached on the right, regarding the skeletal system's response to exercise.	https://www.youtube.com/watch?v=-GEWi9fNKRA
Watch the attached video about the principles of training.	https://www.youtube.com/watch?v=DcTTOsptCMk
Watch the video to the right, regarding the role of carbohydrates in our diet.	https://www.youtube.com/watch?v=te7V5mU6FE

Summer Project / Activity	Resources or Guidance
After engaging in the above work please complete the Knowledge Organisers and Worksheets in Attachment 1	See previous links.