

## Y12 Extended Certificate in Sport SIL

### **Your SIL for Sport has 3 parts**

#### Compulsory Element

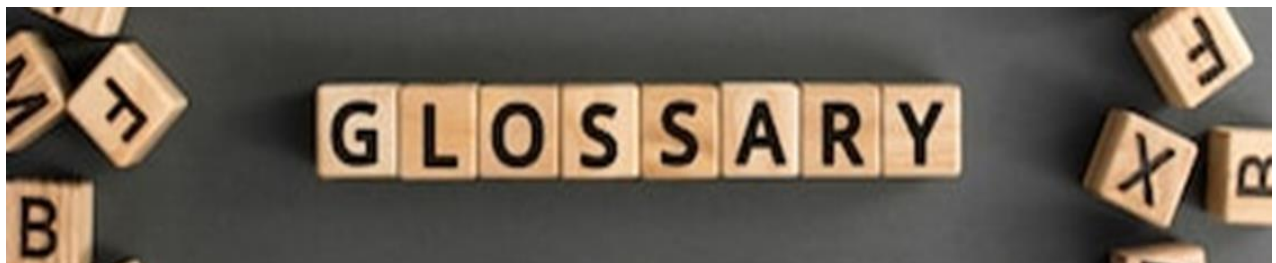
Task 1 – Metacognition and Retrieval - This links into the metacognition and revision strategies that you will have been made aware of during your first year at college. It focuses on keyword principles and questions taken from the specification and will help you prepare for Y13 and your future progression aspirations.

Replay the metacognition videos listed on Cedar to remind yourself of the key content and processes associated with metacognition. It is essential that you are familiar with the 'retrieval practice' clip as this is what you will be focusing on in task 1.

Retrieval practice · <https://www.youtube.com/watch?v=wrDOoBuP9A8&t=28s>

**Create some revision cards on the unit of Anatomy and Physiology including definitions and practical examples.**

You must then create a key word glossary of 12 Key Terms or concepts from content you have covered in Year 12. Please focus on Unit 1.



Key Term	Definition



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Next year you will be covering three units; Unit 1- Anatomy and Physiology (continued), Unit 3 Professional Development in the Sports Industry and Unit 7- Practical Sports Performance.

Task 2 – This is the Preview section. This links into the topics you will be looking at in September.

This work is linked to Unit 7:

### **Tasks to complete...**

#### **Task 1:**

- Governing bodies

#### **Task 2:**

- Rules, laws and regulations

#### **Task 3:**

- Roles and responsibilities of officials

#### **Task 4:**

- Becoming an official

#### **Task 5:**

Skills in Sports

#### **Task 6:**

- Reviewing performances

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### **Governing bodies research task:**

You must select four sports and find out who the governing bodies out for these. Create an A3 poster with your findings.

Your poster needs to include;

- Who are governing bodies and what are they in place for?
- Two individual sports and their governing bodies.
- Two team sports and their governing bodies.
- A brief outline of each governing body and what they do.

**Example:** Badminton World Federation (BWF) oversees Badminton and the rules and regulations. Regular updates of news, rankings, results are added to their website.



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**Rules, laws and regulations**

Complete the following sentences:

A rule is....

A law is.....

A regulation is....

It is important for rules, laws and regulations to be put in place because....

An unwritten rule is....

## **Task 3: Roles and Responsibilities of Officials**

**Task: Watch a professional/semi professional sporting event and identify all key officials and roles in that game/competition.**

**Select a sport:**

Select a fixture (include date and time of fixture):

What officials are present?

What are the roles/responsibilities of each official?

Is there any technology involved in the sport? How is this used? (E.g. Cricket hawk-eye, LBW)

How do officials ensure effective communication?

### **Task 4: Becoming an Official**

Using two sports which you previously focused on for Task 1, research for courses of how to become an official.

Create two A4 fact sheets on how to sign up to an officials course, what skills and experience you need and any costs to the course. Is there any scope to progress to higher levels of officiating in the sport?

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**Task 5: Skills in Sports**

Different skills are required in sports. Using the same four sports as task 1, complete the following table. State and explain the skill and why it is needed:

<p><b>Sport 1:</b></p> <p>Skill 1:</p>  <p>Skill 2:</p>  <p>Skill 3:</p>	<p><b>Sport 2:</b></p> <p>Skill 1:</p>  <p>Skill 2:</p>  <p>Skill 3:</p>
<p><b>Sport 3:</b></p> <p>Skill 1:</p>  <p>Skill 2:</p>  <p>Skill 3:</p>	<p><b>Sport 4:</b></p> <p>Skill 1:</p>  <p>Skill 2:</p>  <p>Skill 3:</p>



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**Task 6: Reviewing performances**

Find information about the following methods of reviewing skills, techniques and tactics in games:

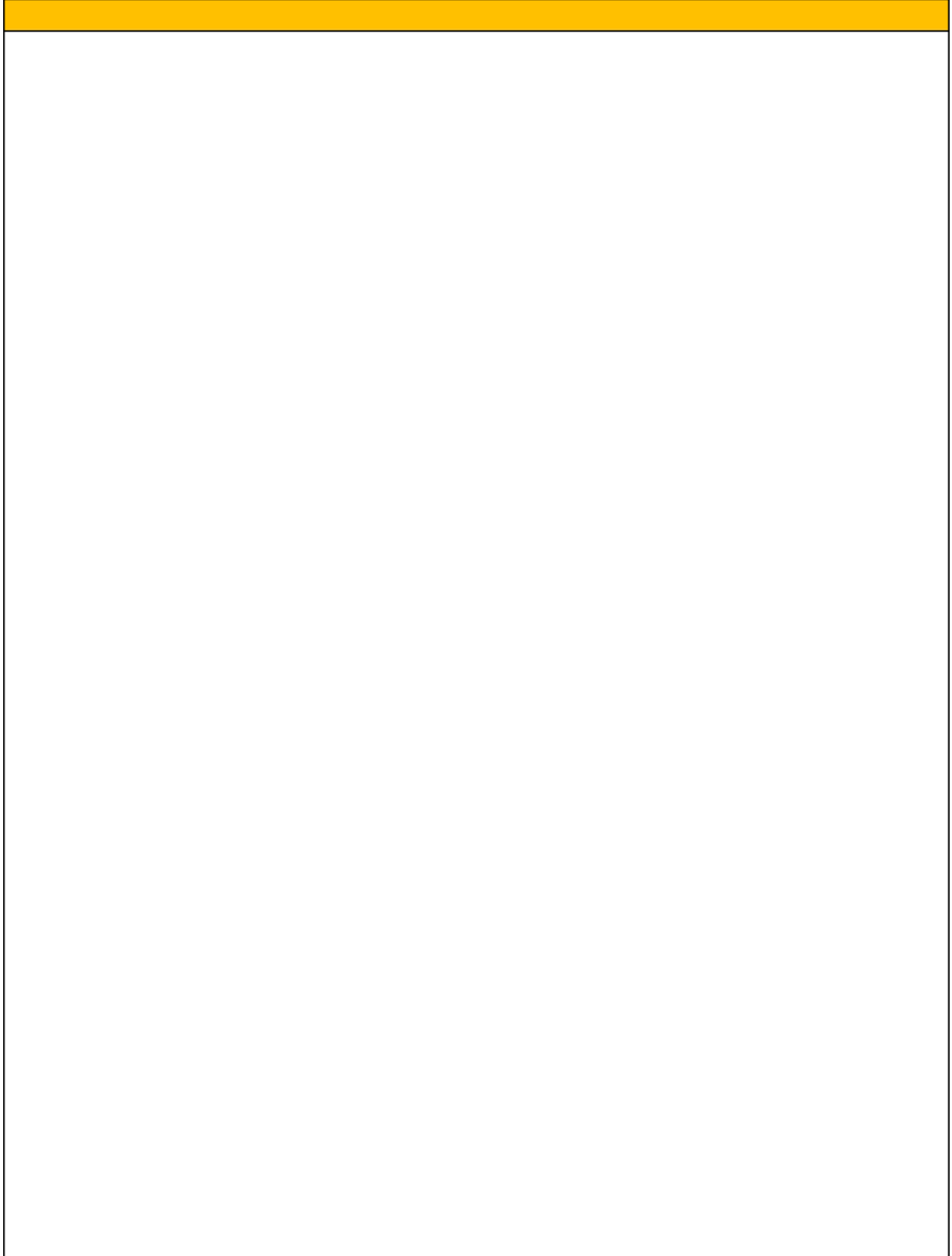
**SWOT  
Analysis**

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**Use of Technology (e.g. Dartfish)**

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**Testing**

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Interviews

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### Additional Recommended Element

Task 3 – Expanding your Subject Knowledge. This section is designed to develop your understanding of a sporting context and recent contextualisation in Sport and Leisure settings.

Choose 1 Option from the lists above and write a report (minimum 1 xA4) which;

(A01) Describes an overview of the Video/Book

(A02) Explains the relationship between the video/book and your BTEC Sport Course

(A03) Analyses the video/book and discuss your opinion and conclusion

Tick the boxes of the ones you are completing. Feel free to watch as many as you want if you have time

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### LEVEL 3 BTEC SPORT DEVELOP YOUR KNOWLEDGE OF SPORTING CONTEXT IN PREPARATION FOR YEAR 2 OF YOUR COURSE



<i>The English Game</i> (Sport and Society)	
<i>Unstoppable</i> (Sport Psychology)	
<i>Icarus</i> (Drugs/Performance)	
<i>Stop at Nothing</i> (Doping in Sport)	
<i>Couch Carter</i> (Sport Psychology)	
<i>The Game Changers</i> (Diet and Nutrition)	
<i>Supersize Me</i> (Diet and Nutrition)	
<i>Blindside</i> (American Football)	
<i>Last Chance U</i> (American Football)	
<i>The Last Dance</i> (Michael Jordan)	
<i>Loser</i> (Adversity in Sport)	
<i>Moneyball</i>	
<i>Formula 1 Drive to Survive</i>	

<i>All or Nothing</i> Manchester City	
<i>All or Nothing</i> New Zealand All Blacks	
<i>This is Football</i>	
<i>4 Minute Mile</i>	
<i>The Program</i> (Lance Armstrong)	
<i>Andy Murray-Resurfacing</i> (Injury Rehabilitation)	
<i>Dan Carter - Perfect 10</i>	
<i>The Unknown Runner</i>	
<i>The Race to Dope</i> (Doping System in Sport)	
<i>Muscle and Medals</i>	

<i>Subscribe to the Body Coach</i> (Joe Wicks) (Types of Training/Nutrition)	
<i>Kobe Bryant</i> <i>Black Mamba Doc</i>	
<i>Being Serena</i> Series	
<i>"Is Professionalism Killing Sport"</i> BBC Documentary	
<i>The Psychology of a Winner 2020</i> Documentary	
<i>Trent Alexander Arnold</i> <i>Living the Dream</i>	
<i>Tyson Fury</i> <i>Road to Redemption</i>	
<i>Crossing The Line</i> Australian Cricket	
<i>Jurgen Klapp</i> <i>Journey to Top</i>	
<i>Strive for Greatness</i> Lebron James	

Keep up to date with all the latest news in the world of sport, there is always something happening that links to the course.....

#### Books to Read

*Shoe Dog - Phil Knight*  
*History/Story of Nike*

*Bounce - Matthew Syed*  
*Neuroscience/Psychology*

*Black box thinking*  
*Matthew Syed*  
*Psychology*

*Unbeatable - Jessica*  
*Ennis*

*No Limits - Michael Phelps*

*My Time - Bradley Wiggins*

*Between the lines -*  
*Victoria Pendleton*

*Legacy - James Kerr*  
*All Blacks (New Zealand Rugby)*

*The Secret Race - Tyler*  
*Hamilton and Daniel Coyle*  
*Drugs/Energy Systems/Deviance*

