**Welcome to BTEC Sport at Forge Valley School Sixth Form**

If you are reading this welcome note then you have selected the BTEC Level 3 National Extended Certificate in Sport at FVS Sixth Form. On behalf of the PE department I would like to welcome you to the course!

This is an established course at Forge Valley School and historically students have performed extremely well, with many going on to study Sports-related courses at universities. As you will know, the course is equivalent in size to one A Level and is made up of 4 units:

Unit 1 – Anatomy and Physiology

Unit 2 – Fitness Training and Programming for Health, Sport and Well-being

Unit 3 – Professional Development in the Sports Industry

Unit X – Optional Unit

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The work I would like you to undertake in advance of starting in September relates to Unit 1 - Anatomy and Physiology, which is externally assessed via an exam.

I have enclosed / linked some Unit 1 reading material for you to get you started. It is not from the textbook that you will be using in school but will give you the foundations of knowledge that you need and that you will build upon when you start the course in September.

**Your tasks**

Initially, I would like you to read and become familiar with the first chapter on the structure and function of the skeletal system (pages 4-13 in the book, which is pages 18-27 of the pdf!).

**Task 1:**

Produce a presentation to describe the structure and function of the skeletal system.  The presentation must highlight the following:

* Axial/appendicular skeleton
* Types of bones
* Location of the major bones of the body
* The functions of the skeletal system

**Task 2:**

Produce an A3 poster (I would recommend you use PowerPoint, but this is up to you) that clearly describes the main joints within the body, with specific reference to their type, structure, and the movement at each. The poster must be your own work (but can include copied/pasted images).

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Finally, I have also linked the specification document for the BTEC Level 3 in Sport – just for your information. If there is anything you would like to know about the course, you will find it in here!

Good luck with your work and we look forward to seeing you in September.

***Mr Kerrison & the PE department***