



Hoe Valley Sixth Form

Dear student,

Over the summer we want you to complete the following tasks below to help you make a successful transition from GCSE to Sixth Form study. Our summer transition work includes the following 3 elements to help you feel like a pro when your sixth form journey begins!

Preparation

Below are some tasks that will help to introduce you to knowledge required for the start of the course or to consolidate key GCSE level material.

Click the link below to access a booklet which has some tasks to help you consolidate some of the content that you would have learned within GCSE PE but also pushes you to some of the exciting content that is part of the BTEC course. The booklet covers the following areas of the course:

- Anatomy & Physiology
- Sports Psychology
- Fitness Training and Programming
- Professional Development in the Sports Industry

[Click here to access the booklet.](#) You will need to download your own copy to edit the booklet.

Reading

Below is some essential reading material or some titles that will help you to read around your subject and develop a deeper understanding of the subject, a crucial skill for success in the Sixth Form.

To read:

Bounce: The Myth of Talent and the Power of Practice (By Matthew Syed)

What is the magic spark that sees David Beckham and Tiger Woods soar above all their competitors, and could the secret lie in the practice regime of Mozart? Matthew Syed's dazzling investigation of high achievement draws on the stories of sports stars and the most up-to-date science to uncover the surprising factors that lead to world beating success.

The Talent Lab: The secret to finding, creating and sustaining success. (By Owen Slot)

The Talent Lab is the inside story of exactly how a smart-thinking army of athletes, coaches, talent finders, innovators, disruptors, analysts and psychologists utilised the cutting-edge insight of elite performance to succeed where other nations failed – and turn Britain into an Olympic superpower.

To watch:

Icarus – <https://www.netflix.com/gb/title/80168079>

When filmmaker Bryan Fogel sets out to uncover the truth about doping in sports, a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller.

The Game Changers – <https://www.netflix.com/gb/title/81157840>

James Wilks travels the world on a quest for the truth about meat, protein, and strength. Showcasing elite athletes, special ops soldiers, and visionary scientists to change the way people eat and live.

Organisation

Below are tasks to help you to be organised with your work when you start in September. You will be completing a huge amount of work and to be successful you must keep on top of everything!

We strongly recommend that you purchase the following textbooks. They should be readily available online via sites such as Amazon & WHS Smith. The main text book (number 1) will be available to purchase from the P.E. office in September.

- Pearson BTEC National Sport student book 1 (ISBN: 978-1292134000)
- Revise BTEC National Sport Units 1 and 2 – Revision Guide (ISBN: 978-1292230535)

Your will also need a large A4 file with dividers with you for every lesson. Make sure you are also equipped with basic stationary.