



CONNECT2COLLEGE

SPORTS

PRE-ENROLMENT RESOURCE PACK



Sport

Activity Pack for schools

#InThisTogether

Yr 11

The tasks in this activity pack are designed to support your transition from school to college if you are planning on following a career within Travel, Tourism and Aviation. You should attempt to have a go at each of the activities in this pack, building a portfolio which demonstrates your skills and knowledge. You can bring this portfolio along with you during your first weeks here with us at The Manchester College.

Yr 10

If you would like to have a go at any of the activities in this pack, it's a great opportunity to start building a portfolio which demonstrates your skills and knowledge for college. This would be useful for you to bring along with you to any of your interviews or applicant evenings next year.

We also have a competition running alongside this activity pack.

Follow us on social media platforms to see competition updates

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If you would like more information on our Sport and Fitness courses or wish to make an application please click the link https://www.tmc.ac.uk/course-finder?keywords=&subject_area=67&qualification=All&segment=All&location=All&=Find+you+r+course&sort_by=title&sort_order=ASC

Online Recourses and Reading

- Adams M et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2010)
- Adams M et al – BTEC Level 3 National Sport Teaching Resource Pack (Pearson, 2010) ISBN 9781846906541
- Howley E T and Franks B D – Health Fitness Instructor’s Handbook (Human Kinetics Europe, 2003)
- ISBN 9780736042109
- Palastanga N – Anatomy and Human Movement (Butterworth-Heinemann, 2006) ISBN 9780750688147
- Sharkey B J and Gaskill S E – Fitness and Health (Human Kinetics, 2006) ISBN 9780736056144
- Stafford-Brown J et al – BTEC National Sport and Exercise Science (Hodder Arnold, 2007) ISBN 9780340939512
- Tortora G J and Derrickson B H – Principles of Anatomy and Physiology (John Wiley and Sons, 2008) ISBN 9780470233474

Journals

- American College of Sport Medicine’s Health and Fitness Journal
- British Journal of Sports Medicine
- Exercise and Sport Sciences Reviews
- International Journal of Sports Science and Coaching
- Medicine and Science in Sports and Exercise
- Research Quarterly for Exercise and Sport

Websites

AOC Sport (Every student active) <https://www.aocsport.co.uk/>
British Association of Sport and Exercise Sciences www.bases.org.uk
Coachwise www.1st4sport.com
Human Kinetics www.humankinetics.com
Sport Science www.sportsci.org
American College of Sports Medicine www.acsm.org

Social Media to check out

Facebook

The Manchester College

Twitter

@TheMcrCollege
@SchoolsTeamTMC

Instagram

@themcrcollege
@schoolsliaisonmcr
@tmcsportsacademy

Activity 1 – Virtual Tours

Activity two is a research task. We would like you to pick one of these amazing places and go on the virtual tour. Your task is then to expand your knowledge and do some extra research on your chosen tour answering the questions below.

Twickenham <https://www.eyerevolution.co.uk/tours/englandrugbyhospitality/>

Floris Atlantic Sports University Stadium <https://omnisightinc.com//virtual-tours/palm-beach-sports/florida-atlantic-university-stadium-virtual-tour/>

Here is a link to virtual tours of Football Stadiums in the premier league

<http://www.footballstadiumvirtualtours.co.uk/>

Urban Kings gym <https://www.eyerevolution.co.uk/virtual-tours/urban-kings-gym/>

St Gerges Park <https://www.360imagery.co.uk/portfolio/st-georges-park/>

Can you find your own virtual tours? Which is your favourite and why?

Research Questions

1. On average how many visitors does each of these stadiums, grounds or museums get per year?
2. When did the stadium/ground open?
3. What are some of the major events that have been held here?
4. What capacity can the stadium/ground hold?
5. What was your favourite tour?
6. Which is the largest stadium in the world? And what is hosted here?

Activity 2 – Good Coach, Bad Coach

Observe your favourite and least favourite sports coach in action. This can be accessed via YouTube. For each coach, complete the following table.

Name of coach observed: _____

Good practice and why?	Bad practice and why?

Name of coach observed: _____

Good practice and why?	Bad practice and why?

Activity 3 – Design your own poster of a successful sports coach

Produce a poster for classroom display which portrays a successful sports coach from the world of sport.

Your poster must:

- be aesthetic (look good)
- identify someone who **you** think has been a success as a sports coach
- describe the personality of the sports coach
- describe what has made/makes this coach a successful sports coach
- identify the strengths of this sports coach
- identify the successes of the sports coach.

This task can be done on your choice of format, publisher, word, powerpoint or even hand written/drawn

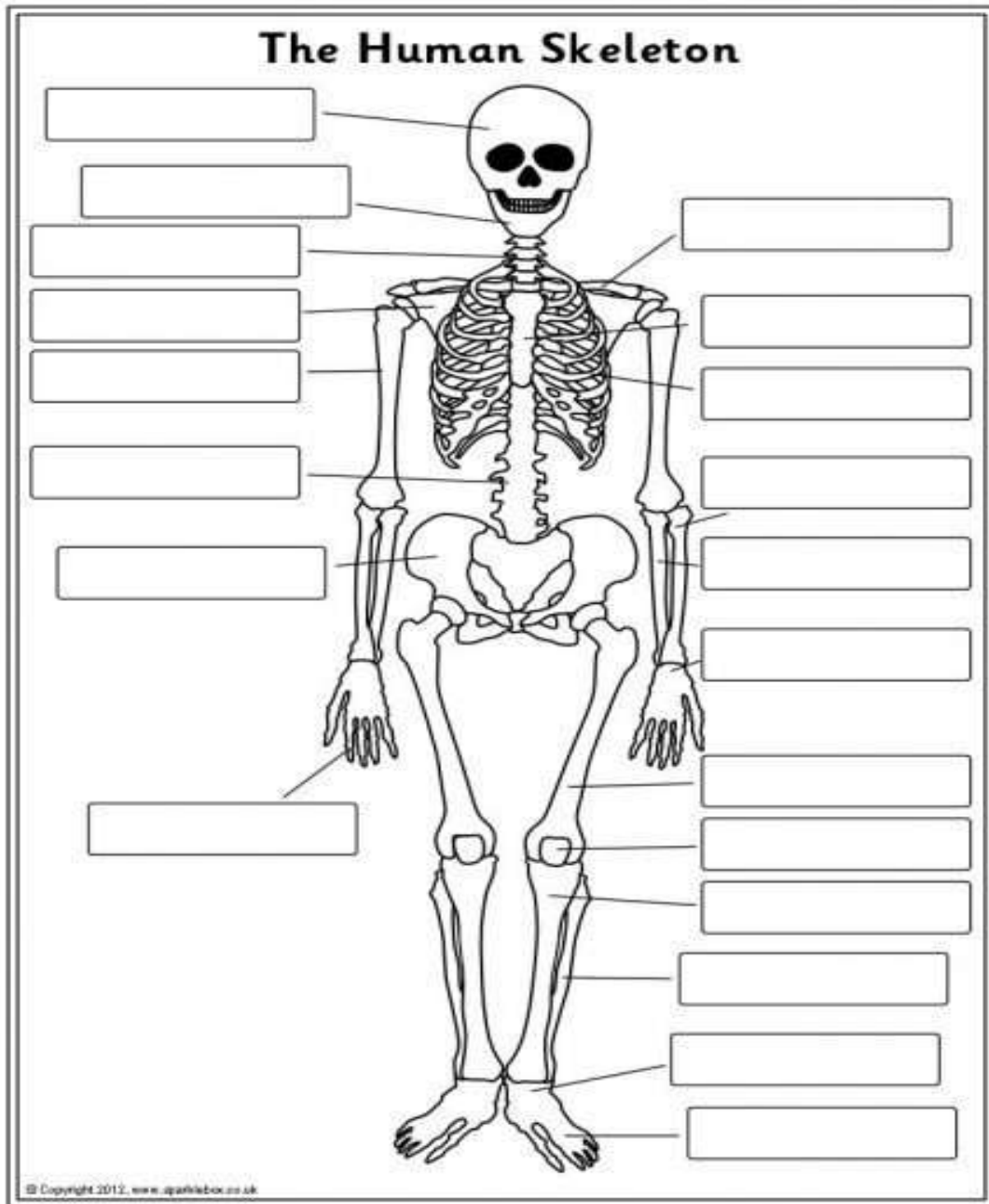
Activity 4 – Career Plan

Set yourself a target that's linked to career educational goal and explain how you aim to achieve it. What is your career aspiration and reason for choosing a sports course?

Write down your current progress against your goal. For example, let's say you want to be a sports coach, what steps have you taken to date to improve your skills. Have you done any work experience? Do you help out at any clubs? Do you read articles on sports coaching? Do you follow coaching blogs etc?

Write down what **you** are going to do (what is your plan) to practice or gain necessary skills for your chosen career? What do you need to achieve in order to get there?

Task 5 – The Human Skeleton



Want to test yourself? Complete the below...

The Skeleton

What are the anatomical names for the following bones?

Shoulder Blade

Skull

Spine

Collar Bone

Thigh Bone

Fingers

Functions of the Skeleton

=

=

=

=

Task 6 – Design your own athlete diet plan



You are working as an assistant Sports Nutritionist at your club and have applied to be a member of the British Nutritional Foundation (BNF). You have been asked to supply evidence of your skills to support your application. They have asked that you assess the needs of your athlete before designing a two week diet plan. To ensure that you comprehend how your selections will impact on your athlete you have been

asked to justify your selections.

Prior to completing your diet, you must perform a needs analysis, which gives details of your athletes sporting requirements and their dietary requirements to show that *you understand what is required of your diet plan.*

Needs Analysis

Chose any athlete of your choice and use this athlete the complete the below



NAME:

SPORT:

AGE:

HEIGHT:

WEIGHT:

TIME OF SEASON: PRE SEASON/DURING SEASON/POST

SEASON

APPROXIMATE DAILY CALORIE REQUIRMENT:

Sporting requirements

Include the components of fitness required for you selected sport

Include requirements specific to their position if necessary.

How often to they compete/train per week?

How intense is there training and what will it include?

Dietary requirements

What must your diet do for the athlete?

What should the % of carbs, fats, protein be (this will differ for different sports)?

How much fluid is required?

Any supplements required?

Now you know what your athlete requires. Create a 1 week food plan for them to follow

Day 1		
Meal	Food	Fluid
Breakfast (08:45)		
Snack (10:00)		
Lunch (12:45)		
Snack (16:00)		
Dinner (20:00)		
Snack		

Day 2		
Meal	Food	Fluid
Breakfast (08:45)		
Snack (10:00)		
Lunch (12:45)		
Snack (16:00)		
Dinner (20:00)		
Snack		

Day 3		
Meal	Food	Fluid
Breakfast (08:45)		
Snack (10:00)		
Lunch (12:45)		
Snack (16:00)		
Dinner (20:00)		
Snack		

Day 4		
Meal	Food	Fluid
Breakfast (08:45)		
Snack (10:00)		
Lunch (12:45)		
Snack (16:00)		
Dinner (20:00)		
Snack		

Day 5		
Meal	Food	Fluid
Breakfast (08:45)		
Snack (10:00)		
Lunch (12:45)		
Snack (16:00)		
Dinner (20:00)		
Snack		

Day 6		
Meal	Food	Fluid
Breakfast (08:45)		
Snack (10:00)		
Lunch (12:45)		
Snack (16:00)		
Dinner (20:00)		
Snack		

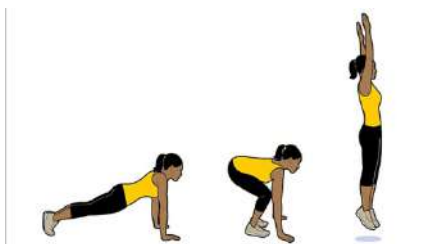
Activity 7 – Exercise Challenge

Our sports tutors Hayley, Stuart, Ambo, Chris, Parley and Dan would like you to try this exercise challenge. Your challenge is to perform as many repetitions as possible inside 30 seconds. There are 5 exercise to complete (30 seconds each). Use the table below to record your score.

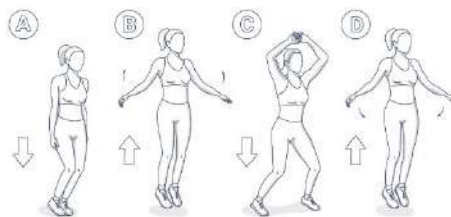
<u>No</u>	<u>Exercise</u>	<u>Score</u>
Example	<i>Push-Ups</i>	40
1.	Burpees	
2.	Jumping Jacks (Star Jumps)	
3.	Push-Ups	
4.	Sit-Ups	
5.	Squats	

Below is an exercise guide to help you perform each exercise with correct technique:

Burpee



Jumping Jacks



Push Ups



Sit-Ups



Squats



Activity 8- Case studies of current and former students –

Read over our case study from our former students who helps with an Everton FC event!

NVQ Activity Leadership Level 2 sport students representing TMC at an event with Everton FC



Date: 21st November 2017

Venue: Platt Lane Sports Complex, M14 7UU (The Indoor DOME)

Time: Morning sessions referee arrive 9:20am - Afternoon session referee arrive 12:15pm

Year Group: Year 3 pupils

Gender: Boys

Activity: 5 aside football

Type: Mini league

Duration: 10 minute games (no half time)

The students that came along from my NVQ Level 2 were there from 8:30am till 3:00pm.

Students who were invited were:

1210119 Bain, Mr Ross
1311949 Cherrington-Liburd, Mr Devan Emmerson
1296628 Cummins, Mr Kylo
1303875 Gairns, Mr Billy
1285786 Gumley, Mr ConnorThomas
1307920 Handley, Mr Joe
1286099 Holcroft, Mr Jake
1312932 Osipitan, Mr Teddy Emmanuel
1190541 Pither, Mr Ethan James
1312375 Toto, Mr Jordan Shakur-Alban
1155277 Williams, Che
1293452 Mariusz Grzegorz Dominski

The main duties were firstly to help set up the 3 pitches for the Primary School staff, marking out the dimensions and fixing the samba goals to the correct position. They then rotated throughout the day and officiated each game. Keeping scores and assisting teachers with the school students with injuries, trips to the loo and water breaks.

They then had to take the equipment down and store back in to the Everton FC lock up.

This was part of the NVQ students EEP hours and also was used as evidence for their personal work portfolios unit – Setting up, taking down and storing equipment.

Ross Bain from the NVQ was asked to reflect on the enrichment and he said,

***“This experience has given me the confidence to see myself working in the professional set up when I complete my education. It was good to work with an elite football club like Everton because one day I aspire to be working with a team like his. It was challenging at first working with the Primary school children, but as the day went on, I gained more confidence and would love to do this as a full time role.*”**

The students were a credit to the college and this was quoted by all Everton Academy staff and the coordinators of the event. The Primary School teachers spoke to myself and Gavin regarding their attitude to supporting all the children and the professionalism they showed throughout the day.

An Everton representative gave feedback to myself after the event about the learners and said.

“The lads showed great professionalism and got stuck in from the moment they arrived. Credit to all the students on their manner and how they approached a very tiring and difficult day. Hopefully this experience has shown them that to work in the Football industry, it takes a lot of daily learning and confidence to all muck in and help make the children better. I would like the students to work with Everton again in the near future on another event as they supported us in a very positive way”

Everton have now asked that I make some more students available for their next event which they will be hosting very soon with reception age learners.

Hopefully this is a start of a very good working relationship with the football club for future sport learners at The Manchester College.

Stuart Nickson

NVQ CourseLeader