



Team Sports Analysis Task



Task 1

Watch at least 20 minutes footage via YouTube of a team sport of your choice. Focus on one player - make some notes on their performance e.g., what they do in/out of possession. Collect data on this player- i.e. passes completed, tackles etc

Complete a player analysis in these 4 areas for assessment. Create a table to show strengths & weaknesses in each area.

Technical ability

Tactical awareness

Physiological attributes

Psychological approach

Task 2

Repeat this process to assess the team - it may be a team you know well & you are able to include judgements/data from other games/match reviews/pundit analysis.

Task 3

Choose either the individual player, or a unit within the team. Identify two areas for improvement that you think will make most difference to their overall performance. Create a 6-week training programme (2/3 sessions a week to focus on your findings) outlining how you can make these improvements, how you will monitor progress & what you would expect to see after 6 weeks. Again, this may be best presented in a table.



Year 11 Bridging work for September
Exercise, Health and Lifestyle

P1	Describe lifestyle factors that have an effect on health
M1	Explain the effects of identified lifestyle factors on health

The UK is currently in a health epidemic, struggling with diabetes, smoking, alcohol, obesity, physical inactivity and poor diet. As future PE teachers, sports coaches, nutritionists, physiotherapists & so on, it is our job to understand these issues and help combat them.

See the topics below and **chose just ONE**. Read the articles, watch the video clips and research the extra information. As you read and watch make notes. You may want to go into greater detail and research the topic further yourself.

Have a look at these documents

	Government information, pictures and guidance	Video clips and extra information
Diabetes	https://www.gov.uk/government/publications/healthmatters-preventing-type-2-diabetes/health-matterspreventing-type-2-diabetes	https://www.diabetes.org.uk/diabetes-the-basics https://www.diabetes.org.uk/diabetes-the-basics/what-is-type-2-diabetes https://www.england.nhs.uk/diabetes/

<p>Smoking</p>	<p>https://www.gov.uk/government/publications/healthmatters-smoking-and-quitting-in-england/smoking-andquitting-in-england</p>	<p>https://www.youtube.com/watch?v=Y18Vz51Nkos</p> <p>https://www.blf.org.uk/support-for-you/smoking/why-is-smoking-bad-for-me</p> <p>https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-andcancer/how-do-i-stop-smoking</p>
<p>Alcohol</p>	<p>https://www.gov.uk/government/publications/healthmatters-harmful-drinking-and-alcohol-dependence/health-matters-harmful-drinking-andalcohol-dependence</p>	<p>https://www.drinkaware.co.uk/alcohol-facts/health-effects-of-alcohol/lifestyle/alcoholand-your-health/</p> <p>https://www.youtube.com/watch?v=g2gVzVIBc_g</p> <p>https://www.youtube.com/watch?v=hwZPb1uQqmY</p>
<p>Obesity</p>	<p>https://www.gov.uk/government/publications/healthmatters-obesity-and-the-food-environment/healthmatters-obesity-and-the-food-environment--2</p>	<p>https://www.youtube.com/watch?time_continue=75&v=IEI2PuvSnQ0&feature=emb_logo</p> <p>https://www.youtube.com/watch?v=vNVG7XJpVE</p> <p>https://www.diabetes.co.uk/diabetes-and-obesity.html</p>
<p>Physical Activity</p>	<p>https://www.gov.uk/government/publications/healthmatters-getting-every-adult-active-every-day/healthmatters-getting-every-adult-active-every-day</p>	<p>https://www.youtube.com/watch?v=wsr13v1ruEA</p> <p>https://www.youtube.com/watch?v=RAfoWVy6XhM</p> <p>https://www.youtube.com/watch?v=wJahzqLkpa0</p> <p>https://www.youtube.com/watch?v=hmFQqjIMF_f0</p> <p>https://www.youtube.com/watch?v=wWGulLa000</p>

Nutrition and diet	https://www.nhs.uk/live-well/eat-well/	https://www.youtube.com/watch?v=IEXBxijQREo
	https://www.gov.uk/health-and-social-care/healthyeating	https://www.youtube.com/watch?v=Yda8RtOcVFU
	Have a look at Obesity and Diabetes	https://www.youtube.com/watch?v=xyQY8a-ng6g

Once you have collected the information please answer the following questions

Name of student: _____ Date: _____

What topic did you research?	
What are the reasons someone might choose/have this poor lifestyle?	What are the long-term problems associated with the lifestyle choice?

Statistics you found out about the lifestyle choice.

Deaths, severity, numbers in UK, cost to NHS

How can someone reverse/stop the lifestyle choice? What are the recommendations to stop?

How can physical activity help? Benefits of being active.

Extension question: Your thoughts on how we can help people/general population to have a better lifestyle in the future. How do we stop the problem getting worse?

Year 11 Bridging Activity

Exploring sources and understanding research

We would like you to get into the habit of understanding sources and research journals as they will form a large part of our work on Anatomy and Physiology next year. For your work on this topic, you will need to use research from these sources and quotes to back up your evidence.

Using websites such as Google Scholar, you are to search for research articles. Find your articles about two of the following five areas: Skeletal System, Muscular System, Cardiovascular System, Respiratory System or Energy Systems. The articles can be anything you would like about these areas. It might be - Does weight training increase muscle mass? Does altitude training significantly improve cardiovascular endurance? For example.

Try to summarise each section of the article and not just copy and paste it across. Try also to summarise your understanding of the article and what future research might be appropriate as a result.

An example of an article would be as follows - The aim of this study was to determine the precise effect of plyometric training on vertical jump height in healthy individuals.-

<https://bjsm.bmj.com/content/41/6/349.full>

Article 1

Article Title, Authors and Date	
Methodology <i>(In this section the researchers will explain how they ran the experiment / research and what they used to conduct the tests)</i>	
Results <i>(In this section the researchers will show results the testing produced)</i>	
Discussion <i>(In this section the researchers will talk specifically about what they found and if it has any relevance to previous research)</i>	
Your Thoughts and Understanding <i>(Summarise here how you found the article, was it interesting, boring, something you might like to understand further etc.)</i>	
Words I did not understand <i>(Try to research the definition)</i>	

Article 2

Article Title, Authors and Date	
Methodology <i>(In this section the researchers will explain how they ran the experiment / research and what they used to conduct the tests)</i>	
Results <i>(In this section the researchers will show results the testing produced)</i>	
Discussion <i>(In this section the researchers will talk specifically about what they found and if it has any relevance to previous research)</i>	
Your Thoughts and Understanding <i>(Summarise here how you found the article, was it interesting, boring, something you might like to understand further etc.)</i>	
Words I did not understand <i>(Try to research the definition)</i>	