



**Oakwood Academy**  
A Visual Arts, Technology & Sports College

# Year 11 Sports Option

## Home learning activities

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[See Loom video for instructions](#)

# Basic Learning in Sports Option

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The purpose of Sports Option at Oakwood is to further develop pupils' knowledge and understanding of sports and physical activity, to enable them to pursue higher level sports qualifications at college.

Key learning in Physical Education at home can involve pupils completing work and/or tasks related to:

- Nutrition
- Coaching and Leadership
- Health & Fitness





# Learning Task 1 - Sports Option

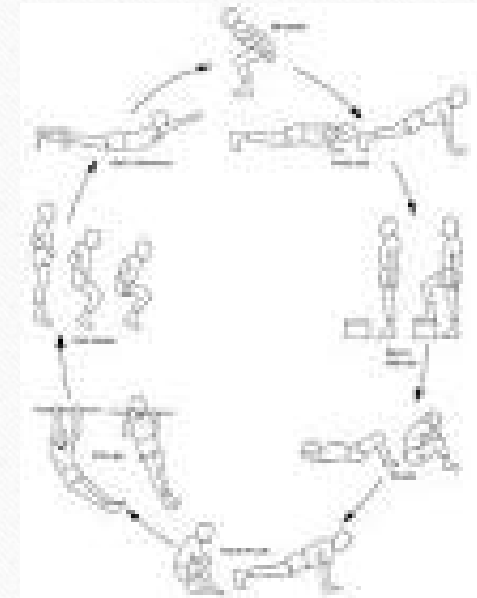
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- Create a circuit training programme of at least 5 exercises. Run the circuit for a family member.
- Consider how many times you will complete the circuit, how long you will work for and how long you will rest for in between stations.
- Try to think of exercises that use limited equipment or no equipment at all!
- Extension - To lead your circuit to a family member or friend. When doing this, consider things such as demonstrating each exercise and coaching their technique.

## Why?

Planning a circuit demonstrates a strong understanding of how to develop health and fitness.

Leading the circuit to somebody else will provide you with coaching experience that will help you with your sports leaders qualification.



# Learning Task 2 - Sports Option

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- Identify the good and bad qualities of a sports leader.
- What makes a good leader?
- Research the following examples to help
  - Example 1 - [click here](#)
  - Example 2 - [click here](#)

## Why?

Understanding the skills and qualities of a leader can help develop your knowledge. You can use this knowledge to help assess your own skills as a leader





# Learning Task 3 - Sports Option

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- **Investigate Two Common Sports Injuries**
- Produce a report explaining the following:
  - Why they occur.
  - How they are treated.
  - How they are prevented.



## Why?

There are many professions within the sporting industry that require a good understanding of common injuries. This investigation will help to develop your knowledge.