



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

# Sports Option Home Learning

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Loom Video Link - <https://www.loom.com/share/b77e1d900a754d0cb785af28535cac56>

# 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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- Research and Draw The Eat Well Guide.
- In Each Section, Draw & Label Examples of Food / Drink.
- Key words - Carbohydrates, Protein, Fats

## Why?

Understanding what contributes towards a healthy and balanced diet will allow you to plan and consume a healthy diet. As a result, you can positively impact your physical and mental well-being.



# Learning Task 2 - Sports Option

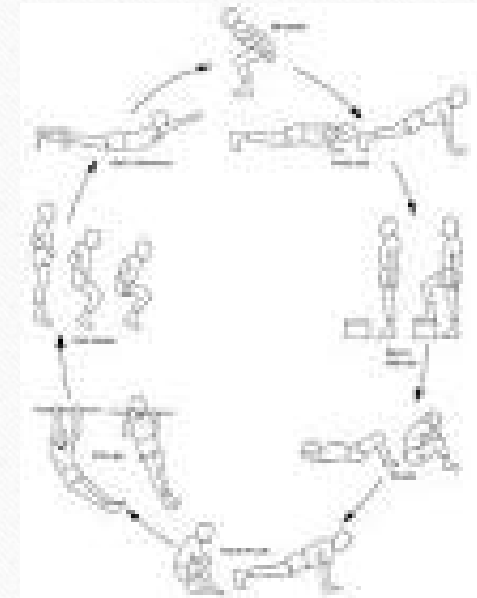
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- Plan a circuit of five exercises that can be completed without any equipment.
- Consider how many times you will complete the circuit, how long you will work for and how long you will rest for in between stations.
- Extension - To lead your circuit 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 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.