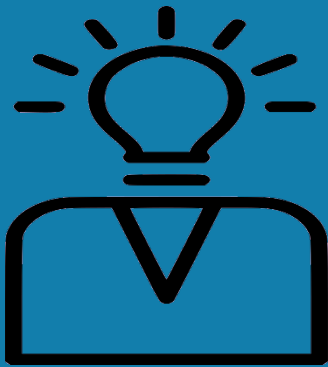




SIGMA SIXTH
TENDRING CAMPUS

Independent Learning Guide



Subject:

**BTEC SPORT
LEVEL 3**

You should be working for a minimum of **three-hours per week** per subject for independent work beyond what is set in lesson time.

Below is a list of suggested activities:

For exam content you should:

- Ensure that notes are completed and filed suitably in a folder.
- Read the relevant textbook chapter and annotate lesson notes with additional, relevant content.
- Make a list of things not fully understood and discuss with a peer or a teacher before the next lesson.
- Try to summarise the content of the lesson in note or diagrammatic format to diagnose lack of understanding.
- Attempt past paper questions to check your progress.
- Seek out additional questions on areas of weakness or where mistakes were made in classwork.
- If you need more questions/examples/resources ASK

For coursework content you should:

- Read through classroom notes, and make sure there are no gaps in your knowledge and understanding.
- Attempt to write up some model paragraphs of pass, merit and distinction level so that you are fully aware of the difference.
- Look at model assignments where available to see the requirement of the assignment.
- Watch up to date sporting clips, so that you are able to apply appropriate examples to theoretical concepts.
- Ensure all assignment work is being completed on time to the required level.

Use the following resources to support your independent study:

Google classroom (all lessons will be shared on google classroom), please check through the content and expand classroom notations.

www.brianmac.co.uk – useful for fitness testing

www.youtube.co.uk – use for appropriate anatomy and physiology topics, that perhaps you lack understanding on. Often there are links in the slides in google classroom that you can use to support this.

www.pearson.com/qualificationn/BTECSport – access to assignment briefs, past papers and mark schemes.

www.teachpe.com – use for appropriate anatomy and physiology topics, that perhaps you lack understanding on.

