



Welcome to BTEC Sport at Hammersmith Academy!

The PE team have designed some tasks to best prepare you before you start in September. You do **not** need any previous GCSE PE knowledge to complete these tasks.

Please complete all tasks in a Word document and show us in your first lesson.

Year 11-12 Summer Tasks – BTEC Sport

Task 1 – SWOT Analysis (Practical Performance)

Choose **two sports**:

- One team sport
- One individual sport

These can be sports you currently play, have played previously, or enjoy watching.

For **each sport**, complete a SWOT analysis of **your own performance**.

Strengths

- What are you good at?
- Which skills or fitness components are your strongest?

Weaknesses

- What do you need to improve?
- Which skills or fitness components are weaker?

Opportunities

- How could you improve?
- Clubs, coaching, practice, competitions, gym training etc.

Threats

- What might stop you improving?
- Injury, lack of confidence, time, finances, motivation etc.



Task 2 – Rules and Regulations

Research your two chosen sports.

Create a word document including:

- At least **15 rules** for each sport
- The roles of officials
- The main methods of scoring
- The basic equipment required
- Common fouls or infringements

Task 3 – Match Analysis

Watch a full sporting event (live or on YouTube).

Write around **200-500** words answering the following:

- What happened?
- Which team/player performed best?
- What skills impressed you?
- What tactics were used?
- Which components of fitness were most important?
- If you were the coach, what would you improve?

Task 4 – Anatomy Challenge

Research the following muscles:

- Biceps
- Triceps
- Deltoid
- Pectorals
- Latissimus Dorsi



- Abdominals
- Gluteals
- Quadriceps
- Hamstrings
- Gastrocnemius

For each muscle:

- Where is it located?
- What movement does it produce?
- Give a sporting example where it is used.