

Thomas Adams 6th Form

BTEC Sport

Transition Work Instruction Sheet

UNIT 1-

- 1) Visit the following website <https://www.pearsonactivelearn.com/app/Home>
Log in using the details below.
Username TASport
Password Transition18

Access the library and open the revision guide (tile with yellow background & elephant)
If prompted, you will need to allow this pop up before opening the document.
Navigate to pages 30-34
Once you have accessed the document you need to read the information and complete the next task.

- 2) Complete the exam based questions attached.

-At first attempt try to recall the information from memory

- When you have attempted this go back over the notes and add anything you missed for this question (do this in a different colour pen/colour font if done electronically)

UNIT 2-

This task is research based:

Work your way through the activities in the Unit 2 Mini Booklet:

These will include:

- A Key Definitions research task
- A Reading and note taking task
- A 1-page written piece on the 'benefits of physical activity', based on the 2nd task.

If you have any queries or concerns with any of these tasks, please email Liam Allen.

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