

# Year 11 – Sport and Health

## Staying Active

It is important to keep active for your physical and mental wellbeing! There are so many different workouts available on youtube to develop cardiovascular fitness, to muscular strength to calming yoga! Make the most of your time and try something new!

## PE Staff Career Path stories

The PE staff have all created a short video for you outlining their pathway of how they got to where they are now. If nothing else these stories can give you hope and show you that hard work and perseverance will get you to where you want to be, even if it does take a little longer than expected ☺

These can be accessed at our youtube page **OAW Sport**

## Career Paths

Why not research the many different careers that you could pursue in sports or health and social care. Going to university is very expensive so making sure you choose the best course for your future is very important. Or try and find routes where you don't have to go to university.

## Local Sports Clubs

There are so many local sports clubs in the area that compete both locally and nationally. It is never too late to either be part of a club or just attend sessions for fun and fitness. Why not research what's available in the area.

## College

We know you will have already made the decisions about your imminent future, below are the sports and health and social care courses that you might have opted for at the two colleges closest to our location. Attached are some useful links for the courses (**see the specification section**) so you can start to prepare yourself, you can do some background reading around the different topic areas or for A level PE you have to perform an analysis of performance so you could watch a performance on youtube and talk through the positive and negatives of what you see.

### Franklin - Level 3 courses

A Level Physical Education – 70% exam, 30% Practical performance

<https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7581/specification-at-a-glance>

BTEC Level 3 in Sport (Single, Double or Triple options) – 100% Coursework

<https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html>

BTEC Level 3 in Children's play, learning and development (Triple option)

<https://qualifications.pearson.com/en/qualifications/btec-nationals/childrens-play-learning-and-development-2016.html>

CTEC Level 3 in Health and Social Care (Single, Double and Triple options)

<https://www.ocr.org.uk/qualifications/cambridge-technical/health-and-social-care/units/#level-3>

Franklin College are in the process of sending tasks to each student for the courses they are taking so watch this space!

### GIFHE - Level 3 courses

Level 3 Diploma Sport and Physical Activity

Level 3 VTCT Diploma in Massage Therapies for Sport

Level 3 Certificate in Personal Training

Level 3 CACHE award in Health and Social Care

Level 3 CACHE extended diploma in Health and Social Care

Feel free to research these courses to try and get ahead of the game. Also course tutors will be in touch with everyone that has signed up.

Feel free to visit the following facebook pages:  
Grimsby Institute Sport  
Grimsby Institute UPS

Daily workouts are added that you can complete