



SIXTH FORM INDUCTION TASKS





Dear student,

Congratulations on your enrolment for the Sixth Form at The Heathland School.

The leap from GCSE to Post 16 study is significant and it is essential that you make a strong and committed start to your courses in September.

In order to help you do this, we have asked departments to prepare some preliminary work for you to start before your first lessons begin. There are tasks to complete for each A Level or BTEC subject you are going to study in Year 12. Teachers will refer to these tasks during the first two weeks of study.

I would also ask you to view the specification for each subject by viewing the curriculum section on the school website.

The best of luck with your Sixth Form studies – we look forward to seeing you make good progress during Year 12 and beyond.

Personalised Checklists (PLCS)

A PLC is a Personalised Learning Checklist. It is an organised list of topics that you will study in your chosen subjects taken from the syllabus. It also provides an opportunity for you to reflect on your progress in your subjects.

MyPLC (<https://www.my-plc.co.uk/register/>) has a large bank of subject and exam board specific information. Sign up as a student and join the Sixth Form Students class by entering the code **ab4870**.

You will then have access to all the available PLC's for your subject and exam board. This will:

1. Show you all the topics you will be studying for your subjects
2. Allow you to rate your level of understanding for each topic as you study them
3. Help you direct your revision to make it specific, focused and individual to you; ensuring your revision is an effective use of time and energy

Previous students have said:

“PLC's help me see in advance what we will be learning so I can do some additional reading before the lesson”

“Using the PLC has helped me to focus my revision on areas I need to improve”

“It has been really helpful when Topic tests come up. I know specifically what to revise”



PHYSICAL EDUCATION

You will be introduced into three different areas of Sport and Physical Activity in September. In order to aid your learning in each of the different topic areas you should adopt the research tasks and make detailed notes by Monday 24th September.

Applied Anatomy and Physiology

Task 1

Select **two** articles. Read and summarise the key ideas within the article – ideally in ten points. Create 5 questions relating to both the article and your specification.

<http://www.telegraph.co.uk/news/health/children/10719886/Playing-sport-while-young-keeps-bones-stronger-in-old-age.html>

<http://indianexpress.com/article/technology/science/new-technique-to-make-prosthetic-limbs-feel-more-natural-4690306/>

<http://www.mensfitness.com/training/pro-tips/7-ways-step-your-fitness-game>

https://www.eurekalert.org/pub_releases/2017-09/mu-rbc092217.php

<https://www.thelocal.de/20171018/results-of-a-25-year-long-study-show-those-who-exercise-regularly-remain-younger-longer>

Task 2

Research the Cardiac conduction system make notes to show how the impulses pass through the heart in order to cause a contraction.

Skill Acquisition

Research the different learning theories by clicking on the following link;

http://www.teachpe.com/sports_psychology/learning_theories.php

Task 1

Select 3 main ideas within the text and produce a spider diagram of the main points and prior learning you know regarding key quotes from the text.

Task 2

Research and find an article which supports or disclaims the ideas in the original article. Write a paragraph to summarise your findings. In this paragraph you must provide a sporting example to support your findings.

Sport and Society

Task 1

Research how sport has developed from the 17th Century to the 20th Century. Make notes of the key events and changes surrounding this period .

Key points should include:

- Dates: Pre 1800, 1800 – 1850, 1850 onwards
- What sport was like and why was it like that (Clue: Mob Games)
- How things have changed and why?

You could present this as a table, extended piece of writing or a flow chart which shows the elements above.

Task 2

Select **one** of the following sports; Athletics, Tennis, Football.

Create a timeline of changes for women in that particular sport and link to the dates highlighted in task 1.