

SUBJECT: SPORT

RIVERS TRANSITION CHALLENGE 2025

Course details: Exam board Pearson

Qualification: [BTEC Sport Extended Certificate](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/specification-and-sample-assessments/9781446958278_BTEC_NAT_L3_EXTDIP_SPORT_SPEC.pdf)

Minimum entry requirement is: GCSE PE Grade 5, V.Cert or BTEC: L2 Merit

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YOUR CHALLENGES:

**Challenge 1: body Systems terms and Past Paper**

1. You will need to self-teach the key terms of the body system in a lot more detail than Key Stage 4. . Please use the document in teams or the link [Anat & Phys Bridging Work.docx](https://ormistonacademiestrust-my.sharepoint.com/:w:/r/personal/sfield_ormistonriversacademy_co_uk/Documents/Anat%20%26%20Phys%20Bridging%20Work.docx?d=wbd3cacef573c4907b4e2249e42486d7b&csf=1&web=1&e=omU1lv)
2. Do any deeper research you feel is needed to fully understand. Use the internet, YouTube, or the Online textbook. Log in details for the text are also on the document.
3. Complete Unit 1 Paper –  [Click here](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/external-assessments/31524H_unit1_que_20170817.pdf)or find it on the BTEC Sport Classroom. It needs to take 90 minutes. Please set an alarm.

\***Extension:** *Use the textbook or internet to further your exam answers in another colour ink/font. This will show me what you already knew and where you used resources to stretch your knowledge*

**How it links to the Specification:**

**This paper above is a past paper for Unit 1. Year 12 students will sit this exam in January 2026 or May 2026, and attempt a resit in Year 13 if needed. Exact exam dates will depend on how the class is progressing.**

**Time guide: The PowerPoint should take approximately 2 hours. The paper will take 90 minutes.**

**Assignment deadline: 3rd September 2025**

**EXEMPLARS:** Mark scheme and exemplar answers will be shown after the paper is marked and submitted.

**SUPPORT:**

**-**Watch the video that I’ve posted in classrooms, read this article, watch these videos on Youtube

-[How to answer long answer questions](https://drive.google.com/file/d/1OhJ208Nc0T6nfSI26Bap1wHbvPtvNyId/view?usp=sharing) for Unit 1

-How to [prep before the paper](https://drive.google.com/file/d/1jnNxyjjO3MkFAY79lfrhA7zErAyY9Wnu/view?usp=sharing)

-[Pearson Active Learn](https://www.pearsonactivelearn.com/app/Home) (if you have the textbook)

-[Brian Mac](https://www.brianmac.co.uk/energy.htm)

-[YouTube](https://www.youtube.com/channel/UCs775BZsfwQfsQqT1_QMc-Q): Mike Tyler has videos on every body system.

**Challenge 2: Anatomy and Physiology Definitions**

Use the attached document and the textbook to define all definitions needed for Unit 1. You should:

1. Define [all key terms](https://drive.google.com/file/d/13RuzwLJ-GTurwUoaRuZyWG9R5wuZ2fC5/view?usp=sharing) given
2. Make connections to other systems and link to sport examples where appropriate.

**How it links to the Specification:**

**These are the key terms you will need to know for your Unit 1 Anatomy and Physiology examination in May 2026. Knowing them before getting into the content will make learning new content easier.**

**Time guide: This should take you approximately 3 hours**

**Assignment deadline:**

**EXEMPLARS: DISTINCTION:** Students will research the definitions and write them down organising by topic. These could be done on flashcards, mind maps, etc. Students will make connections of how the systems and key terms work together and categorise appropriately.

**EXEMPLAR MERIT:** Students will research the definitions and write them down organising by topic. These could be done on flashcards, mind maps, etc.

**EXEMPLAR PASS:**  Students will research the definitions and write them down.

**SUPPORT:** Use the online textbook, internet, or resources from KS4 Health and Fitness/PE.

**Challenge 3:** **Fitness Training and Programming for Health, Sport and Well-being**

1. Research the government guidelines for the following Lifestyle Factors:

* Physical Activity
* Sleep
* Alcohol
* Smoking
* Stress
* Sleep
* Sedentary lifestyle
* Diet, healthy eating and hydration

1. Compare their current level of fitness to the government guidelines
2. Research what makes a ‘*balanced diet’*
3. Learners research and produce a poster featuring the health monitoring tests:

-Blood

-Resting heart rate

-Blood pressure

-Body Mass Index

-Waist to hip ratio

1. Complete Unit 2 Paper – [Click here](https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Sport/20161/external-assessments/31525H%20-%20June%202018.pdf) or find it on the BTEC Sport Classroom. It needs to take 2.5 hours minutes. Please set an alarm.

\***Extension:** *Use the online textbook to further your exam answers in another colour ink/font. This will show me what you already knew and where you used resources to stretch your knowledge*

**How it links to the Specification:**

**This is an example of a past paper for Unit 2. Year 12 students will sit this exam in 2026, and attempt a resit in Year 13 if needed. Exact exam dates will be shared later depending on class progression.**

**Time guide: This should take you approximately 4 hours**

**Assignment  deadline: 3rd September 2025**

**EXEMPLARS:** Mark scheme and exemplar answers will be shown after the paper is marked and submitted.

**SUPPORT:** Use the online textbook (Unit 2) or the internet to help.

-[NHS](https://www.nhs.uk/live-well/exercise/) and other government websites

-Watch any of the following series online:

-*Obese -A Year to Save my Life*

*-Claire Sweeny’s My Big Fat Diet -The Great British Diet*

**Challenge 4: Sports Leadership Research Project**

You will be showing you are capable of doing the Coursework component of the BTEC Sport Course. Coursework in Sixth Form is very independent, very research heavy, and also time consuming. However, we will help you to structure it, and then build. You will start with this research summer challenge to show you have what it takes!

For this task, you will research 3 sports leaders in the world from professional sports leaders to PE teachers or local coaches. You will write an introduction about each one, and then explain why they are a great leader. Lastly, you will evaluate their leadership skills.

Use the **Support** part of this document to find the resources which are also in the classroom.

**Time guide: This should take you approximately 30 hours**

**Assignment  deadline: 3rd September 2025 (bring to first lesson)**

**EXEMPLARS: DISTINCTION-**  Here is a past example for part of this task. It should help you when you get stuck.

**How it links to the Specification:**

This is a research project to prepare students for the amount of work they will do for coursework in Year 13, where they complete two pieces. One piece will be on Sports Leadership

**SUPPORT:** Use the online textbook, internet, or think of leaders you have met growing up.

[Template](https://drive.google.com/open?id=1Wfpr-0w79gCLoK0H5UFJcafh0VDAqUj6) to help structure your research

[Powerpoint](https://drive.google.com/open?id=1aiSNESnEWuDa1KTXgQk7fBO-b3XDAfU1) we use with the Year 12s as an introduction to Sports Leadership

HOW DO I HAND IN:

Your work should be handed in via Google Classroom so that it can be assessed and marked accordingly, all of your challenge deadlines are also in there as assignments. You can simply upload the work (by clicking plus and hand in), work can be submitted photographically, written, Sheets and Powerpoints and/or video flickthroughs.

External students are welcome to email it directly to the PE department using the emails on the first page. Hard copies can be submitted but will need to be left at front reception clearly labelled with your name. This must be done during school reception hours.

HOW AM I GRADED?

You are graded using Level 3 Distinction, Merit, Pass, Near Pass, or U. The tasks are tricky because it’s A Level and there is a big jump and so you will need to spend significant time learning the concepts and techniques and refining your writing.

HOW AM I MARKED?

We would expect new students to any course to be sitting at the bottom of the grading structure, but there are certain activities that you will be familiar with and will do better with even though it's just the start of the course. Please don't worry if you receive U grades or Pass grades. Where there is major concern, we will ring your parents and carers to be able to speak to them and you about how to provide support or the suitability of the course.

WHAT IF I GET STUCK?

Then email us! Our emails are in the title of this sheet or write on the thread in our classroom, we know some things are tricky and are here to help! We have split the tasks to our specialities but are all here to help:

Challenge 1: Mr Field

Challenge 2 and 3: Mr Moon

WHAT IF I MISS A DEADLINE OR DON’T HAVE IT?

You must speak to us in advance if you are going to miss a deadline. We know people are sick, and sometimes we have other commitments but usually work that isn’t complete is down to students waiting until the last minute and then not having enough time to understand or complete the task.

If you email us in advance, we can support you. If you just miss the deadline, you are risking your course offer.

WIDER READING TO KEEP YOU BUSY IN THE SUMMER

Books:

∙ Pearson BTEC Sport Student Book 1

∙ Exercise Physiology And Functional Anatomy by C. Clegg

∙ Mechanics And Sport Performance by P. Walder

∙ Sport Science and Physical Education Books and Journals

∙ Sports Biographies/Autobiographies

∙ Journal of Sports Sciences

∙ Journal of Sport & Social Issues

∙ National newspapers – sports section

Websites:

∙ [www.mypeexam.com](http://www.mypeexam.com) ∙ [www.sportengland.org](http://www.sportengland.org)

∙ [www.brianmac.co.uk](http://www.brianmac.co.uk) ∙ <http://www.nhs.uk>

National Governing Body websites:

∙ The FA [www.thefa.com](http://www.thefa.com) ∙ The RFU [www.rfu.com](http://www.rfu.com), etc