****

|  |
| --- |
| **Sport and Outdoor preparation work for my course** |

**What skills should I familiarise myself with or should I research into over the summer in preparation for my course?**

|  |
| --- |
| * **Activity clothing; Canoeing, Mountain Biking and another sport**   -Use PowerPoint present your ideas of the correct clothing   * **Sporting locations**   -Use Geography and internet research   * **Different outdoor activities around the world**   -Research 10 different activities |

**Complete the following tasks:**

|  |
| --- |
| **Task 1.**  Introduction  Within this task you will need to research 3 different sports and gain knowledge of the clothing required to take part in these sports, considering different weather conditions. You can choose from the below:   * Canoeing * Mountain Biking * Another sport of your choice (football, hockey, hill walking etc)   This can be completed on PowerPoint or any other format available to you (Word, Padlet or paper and pen)  **Task 2.**  Introduction  Within this task you need to research dream sporting or activity location from around the world.   * Pick an activity or sport you really enjoy * Find out the best locations of this activity/sport in the world * Include a map of the location of this; a world map and the location of this within its own country * Give reasons to why this is a great location for this activity/sport   This can be completed on Word or any other format available to you  **Task 3.**  Introduction  There are many different types of outdoor and adventurous activities; for example, gorge walking and mountain biking.   * Pick 10 outdoor and adventurous activities * State what the activity is * Include a picture of each activity * Identify locations where this takes place   This can be completed on Word or any other format available to you  **Please keep your work safe for example on a memory stick or in Google documents etc. We will use this work when you start with us in September.** |

**What websites will help me?**

|  |
| --- |
| **YouTube**  **Google** |

**WHAT WILL I STUDY IN MY FIRST YEAR**

|  |
| --- |
| **Topics to include:**   * Fitness training * Equipment and facilities * Impact of sports on the environment * Risk in sporting activities * Organising a sports event   **Practical weekly activities**   * Practical offsite sports and activities * Residential and expeditions * Outdoor leadership * Skills for land and water based activities * Trips and visits |