

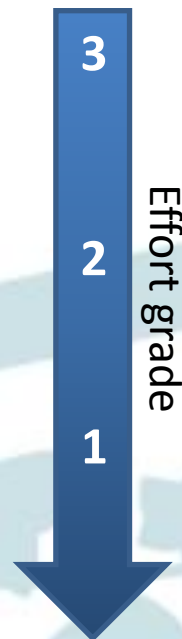


# Independent Learning in BTEC Sport



**After each lesson, in addition to completing any assignment, a pro-active, independent learner would...**

- Ensure that evidence/information /research articles to achieve the distinction criteria are stored in a unit folder.
- Read and annotate the relevant lesson presentations with additional, relevant content and link to specific grade criteria on the assignment.
- Make a list of things not fully understood to discuss with a peer or a teacher *before* the next lesson.
- Try to understand the grade criteria in the assignment and ask questions to help make sense of how to produce evidence to achieve it.
- Try to use the evidence that would be useful to satisfy the grade criteria of the assignment (use the unit checklist to help present the evidence).
- Match the unit content against grade criteria from the assignment lesson notes/content to ensure that all points are covered.
- Use formative feedback to review and guide the final submission of an assignment.
- Seek out additional sources of information on grade criteria to ensure evidence is relevant before re-submitting an assignment.
- Read any information from any lessons relevant for the assignment and ensure they have included it in the interim submission.



## Resources to help you study

Most key resources, such as the unit content for your course, resources, assignments, etc. can be found in Classwork / PE/ BTEC Sport. Some additional resources to help you are as follows:

Resource	Description
<a href="http://www.brianmac.co.uk">www.brianmac.co.uk</a>	The best resource for information other than your textbook.
<a href="http://www.pearson.com/qualificationn/BTECSport">www.pearson.com/qualificationn/BTECSport</a>	Find all the up-to-date information on the course, unit specifications and other useful resources.
Edexcel textbook 1 & 2	Covers all the units for the course. The textbooks give insight into the different grade criteria for each unit.
<a href="http://www.teachpe.com">www.teachpe.com</a>	Website that gives information and guidance on different units on the course and links to many of the different grade criteria.
<a href="http://www.youthsportstrust.co.uk">www.youthsportstrust.co.uk</a>	Gives up-to-date information on national and local initiatives about sport and physical activity in the UK. Can be useful to give guidance on where to find more specific research on issues in sport.
National Governing Bodies websites	Gives information on sport-specific issues, courses and other useful resources for a number of different units on the course.

## Stretch yourself

Look at the Journal of Sports Science and Medicine ([www.jssm.org.com](http://www.jssm.org.com)), a free non-profit making scientific electronic online journal, publishing research, review articles and case studies in the fields of sports medicine and the exercise sciences. Also look at *topend sports* ([www.topendsports.com](http://www.topendsports.com)), another great sport science resource.