

BTEC Sports – Summer Project Work 2020:

Unit 1:

Create an A4 poster detailing the different types of energy systems and how they are used in sport.

Unit 7:

- Find a list of Olympic team sports using the internet
- Find a list of Olympic individual sports using the internet.

Select one team sport and one individual sport to focus your assignment.

- Make a list of all the rules/regulations/laws for your chosen team sport.
- Make a list of all the rules/regulations/laws for your chosen individual sport.

You must hand in your work to your Sports teacher on the first lesson back after the summer holidays.