

Sixth Form Summer Transition Work

Welcome to Arnewood Sixth! You are about to embark on a busy and important two years of sixth form study.

Sixth form life is very different. You are going to feel much more independent, empowered and responsible for your own learning. The expectation is that this journey is down to you. You need to commit and relish in the challenge of sixth form life; ambition, belief and commitment are essential for your success.

Below is a transition activity designed for you to complete over the late spring into summer in preparation for your chosen course. By completing the task, you will be better prepared for the start of your course. Your BTEC teachers will check the work in September. Your commitment starts now!

Subject	BTEC SPORT UNIT 2: Training and Fitness for Sport.	
Key Question	What does 'Lifestyle' mean and what do we mean by positive and negative lifestyle factors	
Resource List	Firefly Resources: <ul style="list-style-type: none">• Intro PowerPoint Presentation• Eatwell Guide booklet https://www.nhs.uk/live-well/	

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Your Task

LIFESTYLE FACTORS – Fit for Life!

Have a look at the lifestyle factors that can affect the health & fitness of an individual. It is important that you understand how and why they have the effect they do.

Your task is to:

- a) understand and explain the benefits of all positive lifestyle factors i.e exercise, correct amount of sleep etc. Give government recommendations on amounts.
- b.) understand and explain what negative lifestyle factors are and explain how they can affect an individual.

Extension task – Lifestyle modification Techniques

Once you have identified negative lifestyle factors i.e Smoking. Give recommendations on how you could change that negative part of their lifestyle.

Physical activity, to include recommendations & guidelines, health benefits & psychological benefits



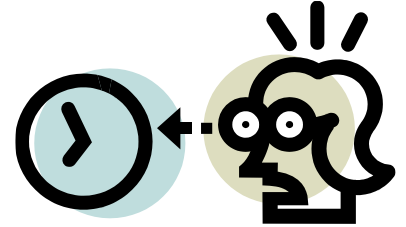
Alcohol, to include recommendations and guidelines, risks associated with excessive drinking



Smoking, to include heart disease, lung infections, cancer etc.



Stress, to include health risks such as stroke, hypertension etc.



Diet, to include effects of poor diet, benefits of a healthy diet etc.



Additional
resources

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