

# A Level PE & BTEC Level 3 Sport Summer Work




**Name:**

### **Pre-industrial sport (pre-1780)**

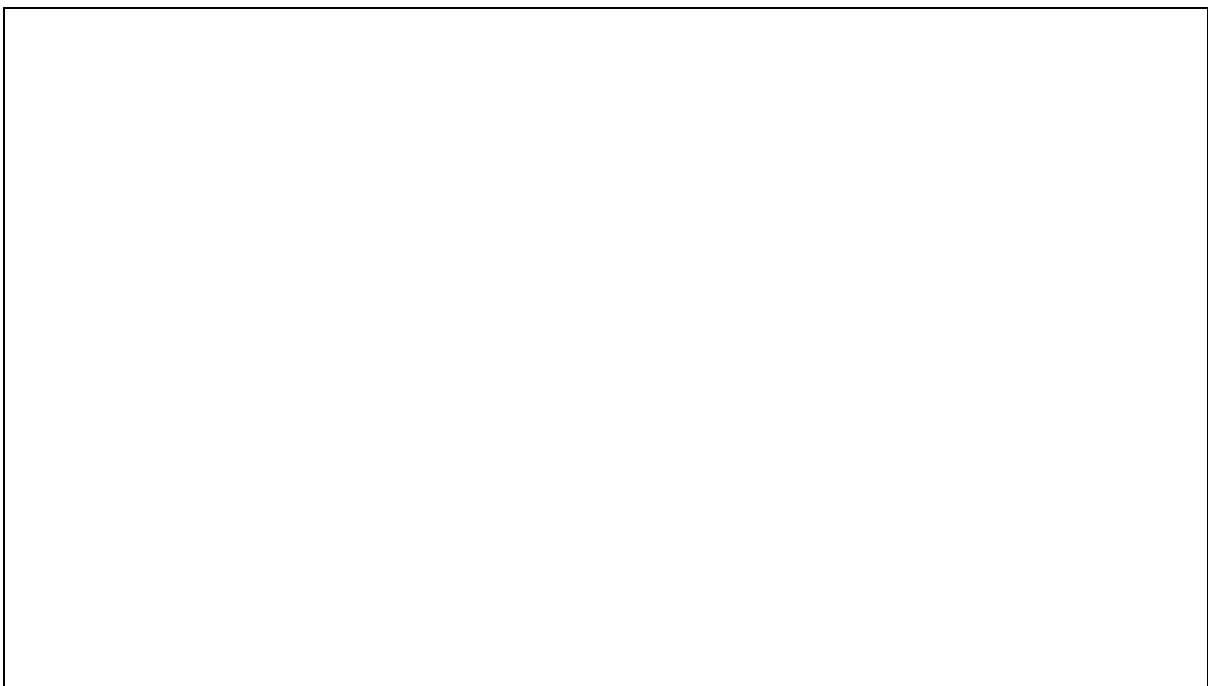
What is mob football?

Identify the key rules, the purpose, strategy and how do you win?



What is real tennis?

How and where was it played, what were the rules, who played it?



Discuss the characteristics of society in pre-1780 and how this impacted sport and recreation. (Min 1 side of A4)

Research and consider the following:

- Employment and lifestyle
- Free-time
- Lifestyle – where did people live, how did they live

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## Leadership in sport

Types of leadership

Research and write a brief description and examples for each type of leadership.

Leadership Style	Description	Example (Sport/coach)
Autocratic		
Democratic		
Laissez-faire		

Key skills of a sports leader

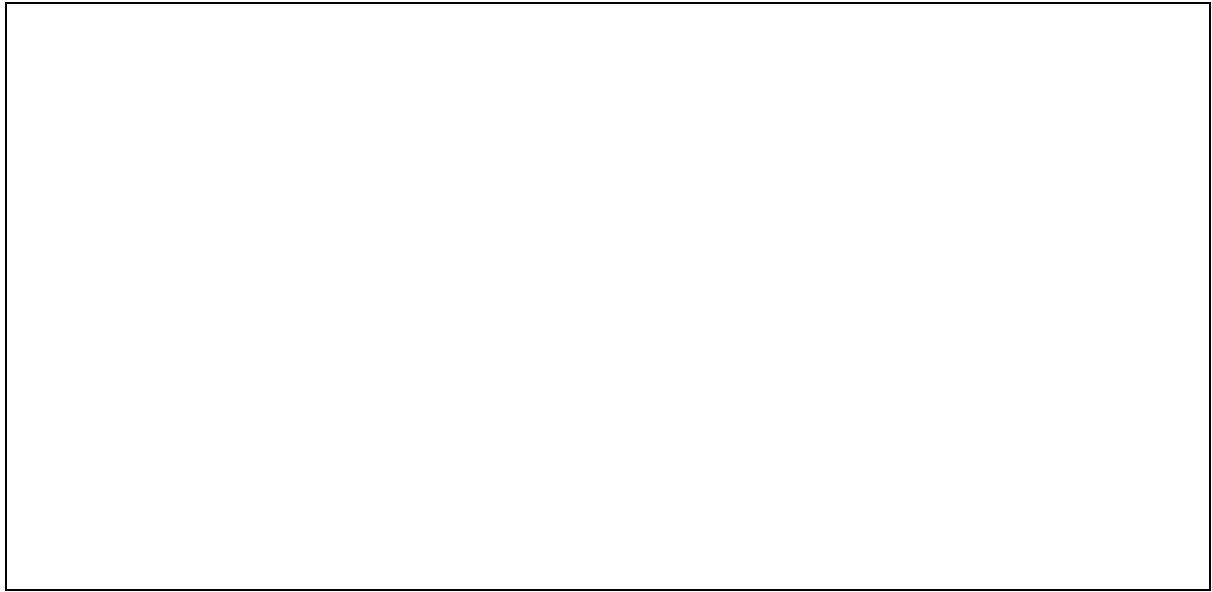
Some important skills include:

- Communication
- Organisation
- Motivation
- Adaptability
- Confidence

### Activity:

Pick TWO of the above skills and explain:

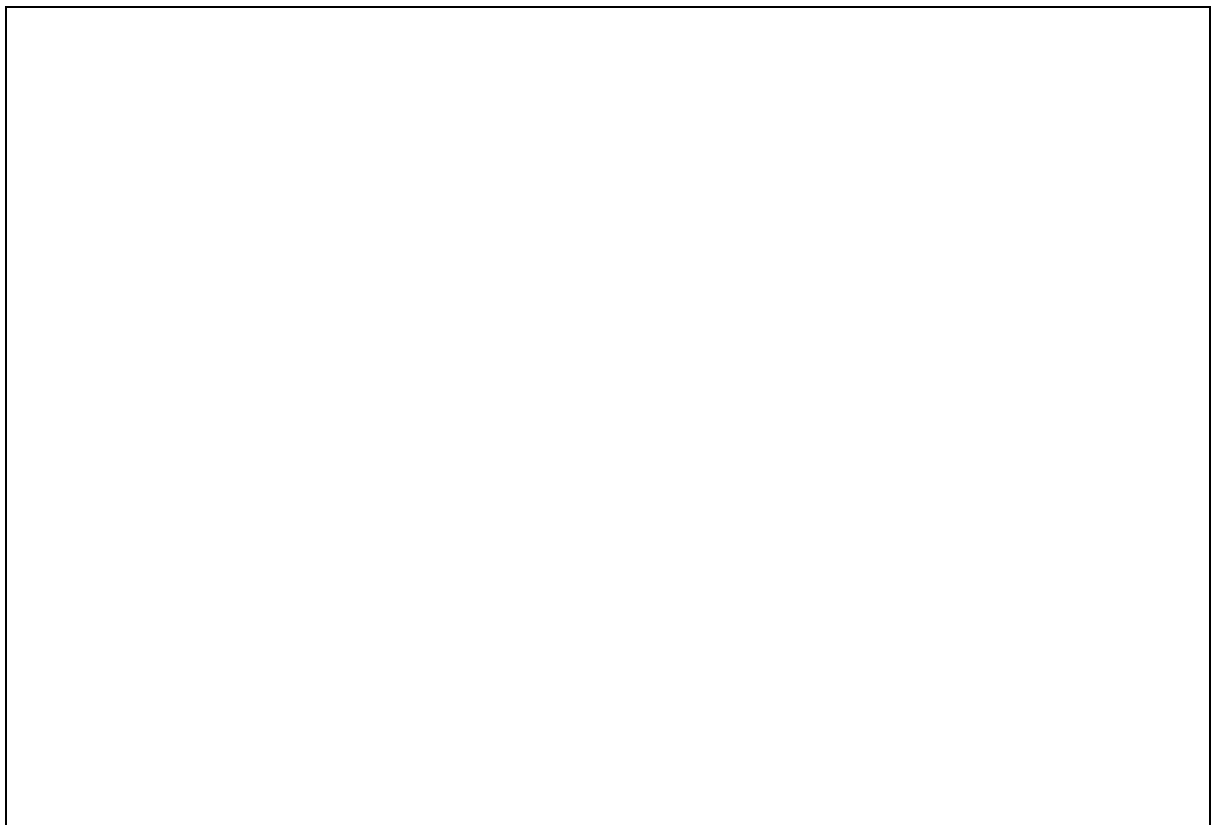
1. Why they are important for a sports leader
2. How you can improve them over the summer



Choose a well-known sports leader (e.g., a coach, team captain, PE teacher).

Write a short profile including:

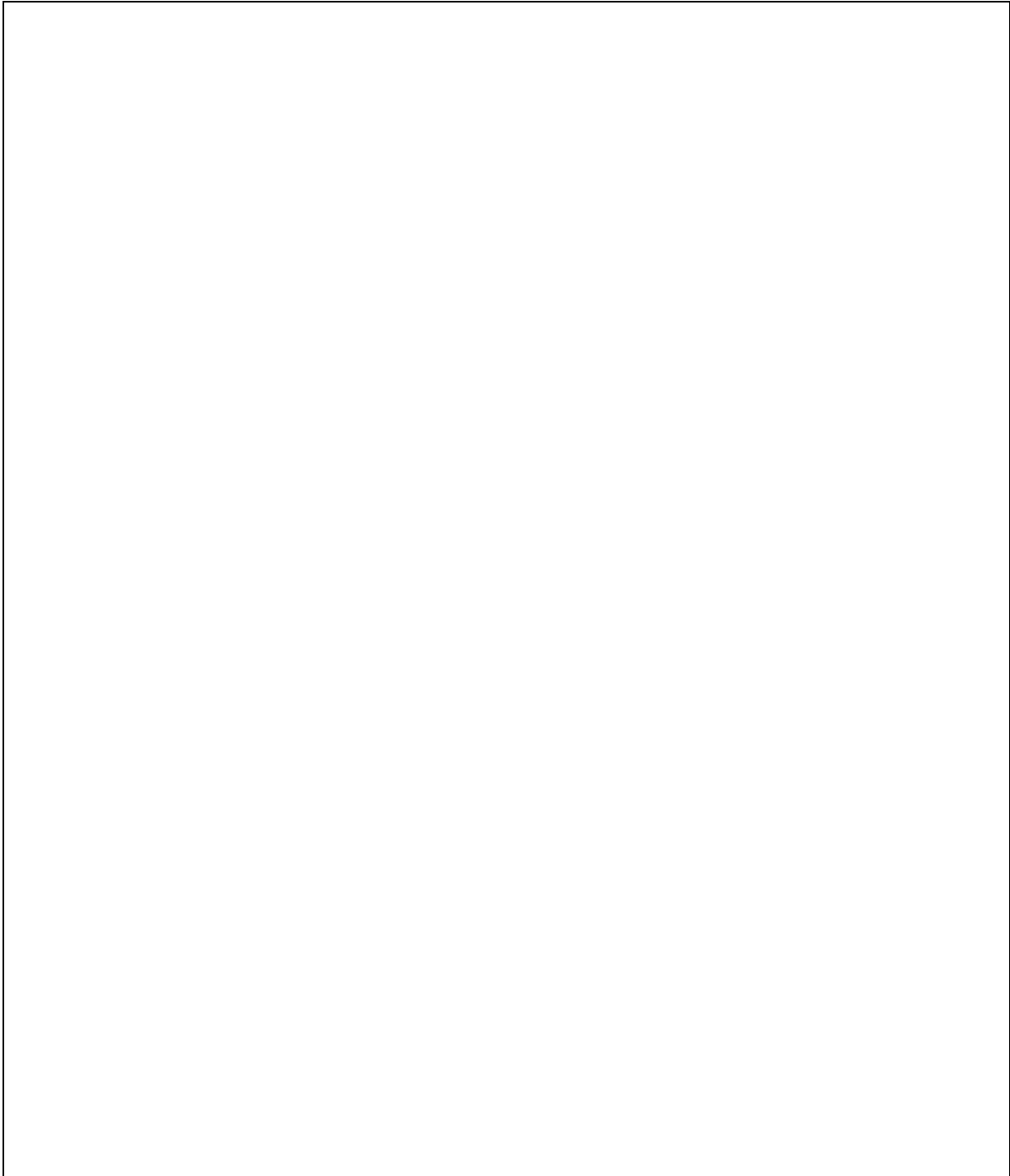
- Name and sport
- Their leadership style
- Skills/qualities they demonstrate
- Achievements as a leader



## Personal reflection

Think about a time when you led a team (sports or non-sports). Reflect:

- What went well?
- What was challenging?
- How did you motivate others?
- What would you do differently next time?

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