**BTEC Sport**

**Level 2**

**Assignment 3 – P7, M3, D2**

**Week by Week Checklist**

This is a recommended week by week progress checklist. I suggest you follow this plan to stay on top of the coursework during your time off school. If you do not finish each week’s work during your one hour of work – please do not move onto the next section. Next week complete the previous and see how much you can get done of the next week.

As is often the case with our coursework, the first time you complete a section takes longer while you work it out.

Don’t panic if you think you need longer than the hour each week, do what you can and remember you can email me for help.

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| **Week** | **Date of Lesson** | **Outline of task** | **Powerpoint slides to refer to** |
| 1 | 22/04 | Complete 3 strengths for sport 1 | Slides 3 and 4 |
| 2 | 29/04 | Complete 3 areas for improvement for sport 1 | Slides 5, 6 and 7 |
| 3 | 06/05 | Complete 3 strengths for sport 2 | Slides 3 and 4 |
| 4 | 13/05 | Complete 3 area for improvement for sport 2 | Slides 5, 6 and 7 |
| 5 | 20/05 | Complete activity recommendation and justification for 2 of your areas for improvement | Slides 9, 10 and 11 |
| 6 | 03/06 | Complete activity recommendation and justification for 2 of your areas for improvement | Slides 9, 10 and 11 |
| 7 | 10/06 | Complete activity recommendation and justification for 2 of your areas for improvement  Email submission to mbailey@okehamptoncollege.devon.sch.uk | Slides 9, 10 and 11 |