

## St Paul's Catholic School and Sixth Form



### Transition Work for Sixth Form

"Let your light shine before others." – Matthew 5:16  
*Sixth Form, the St Paul's way — with Christ at the heart of it all.*

## OCR Sport Science at St Paul's Catholic School and Sixth Form

The purpose of completing the task will prepare you for key assessments and ensure your summer prepares you for the next level in your Sports Education.

After completing the task, your teacher will be able to assess your understanding of Sport Science.

**Due date: Monday 1st September 2025**

#### Task 1

Task 1 Research task focusing on Coaching Styles linked to personality

#### Task 2

Task 2 Analysis of Sport will help you have a wider understanding of key units and if you would like focus on this area of Sport Science.

Specification and link to website: [Cambridge Technicals - Sport and Physical Activity](#)

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### Task

#### 1

Research the similarities and differences in the Coaching Styles of Alex Ferguson and Mikel Arteta.

You will need to discuss:

- 1) Personality linked to their coaching style
- 2) Player/Staff management and tactical awareness
- 3) What motivational techniques they use
- 4) How they are off the pitch, at the training ground and then immediately before a game.
- 5) Discuss who you think is a better coach

You can use documentaries from You Tube, Amazon Prime and Netflix. Further to this use blogs and reports from the internet.

Ensure you write down and keep a list of the references you use.

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#### 2

#### TASK:

- Choose **ONE** of the links below to base your analysis and evaluation on. You may watch the sports clip as many times as you wish.

<https://www.youtube.com/watch?v=L8JfMVOc774> – Football

[https://www.youtube.com/watch?v=gySTokuJw\\_U](https://www.youtube.com/watch?v=gySTokuJw_U) – Netball

<https://www.youtube.com/watch?v=15ISYTsd9NE> – Swimming

<https://www.youtube.com/watch?v=Blqn3OpXvWA> – Badminton

- Identify 3 strengths and 3 areas for improvement – you must explain why the **6 areas** are important to the performance.
- Choose one of the areas for improvement and justify fully why you have chosen this area.
- Identify the number of sessions, the duration of sessions and the timescale (number of weeks) needed to improve this area.
- Identify and explain how improvement can be measured.
- Evaluate your sessions explaining why you think they will be effective for the athlete's performance.
- Use your theory knowledge when explaining any of the above (keywords).

#### ASSESSMENT:

- You will orally present your analysis and evaluation to the class. This should last at least 10 minutes.
- You may use your notes and whiteboard (to write and draw on) to present your work.