

# Preparation for Ctech Sport Miss Webb



**A-Level Topic:** Ctech Sport – Unit 3 Miss Webb




**Key Question:** What is the journey from beginner to elite athlete?

**Key Terms:**

**Sports development:** Sport development is the promotion of sports activities for the community.

**Elite athlete:** elite athlete a person who is currently or has previously competed as a professional player or a national or international level player.

**Sports development continuum:** The sports development continuum is a model that represents a persons' involvement in sport by what stage they're performing at.

 <b>What to watch</b>	 <b>What to read</b>	 <b>What to do</b>
<p>What makes an elite athlete:</p> <p><a href="https://www.youtube.com/watch?v=WhEQ6K8Ad8w">https://www.youtube.com/watch?v=WhEQ6K8Ad8w</a></p> <p>The sports development continuum:</p> <p><a href="https://www.youtube.com/watch?v=Zr2q4_2gwDs">https://www.youtube.com/watch?v=Zr2q4_2gwDs</a></p> <p>Jessica Ennis documentary – school girl to Olympian, her story:</p> <p><a href="https://www.youtube.com/watch?v=a4D6PNI6GQ8">https://www.youtube.com/watch?v=a4D6PNI6GQ8</a></p> <p>Anthony Joshua documentary – I was born to win:</p> <p><a href="https://www.youtube.com/watch?v=05UMW-A1cyY">https://www.youtube.com/watch?v=05UMW-A1cyY</a></p>	<p>Information on each stage of the sports development continuum:</p> <p><a href="https://learnzone.loucoll.ac.uk/sportres/CourseGenie/Sport/2009-10/AASENatCert/NC05_SportsDevelopment/NC_SportsDevelopment_01Mod/NC_SportsDevelopment_01Mod_02.htm">https://learnzone.loucoll.ac.uk/sportres/CourseGenie/Sport/2009-10/AASENatCert/NC05_SportsDevelopment/NC_SportsDevelopment_01Mod/NC_SportsDevelopment_01Mod_02.htm</a></p> <p>Summary of the continuum:</p> <p><a href="https://www.howandwhat.net/what-is-the-sports-development-continuum/">https://www.howandwhat.net/what-is-the-sports-development-continuum/</a></p> <p>Can anyone become and elite athlete?</p> <p><a href="https://www.kcl.ac.uk/news/spotlight/can-anyone-become-an-elite-athlete-2">https://www.kcl.ac.uk/news/spotlight/can-anyone-become-an-elite-athlete-2</a></p>	<ul style="list-style-type: none"> <li>• Select a famous professional athlete of your choice.</li> <li>• Describe each level of the sports development continuum (foundation, participation, performance, excellence). See diagram below and videos/website links to develop your understanding.</li> <li>• Describe in detail what type of training / competition (school, local, regional, etc) your chosen athlete would have been doing at each stage of the continuum.</li> <li>• Please explain what sporting clubs they belonged to at each level of the continuum.</li> <li>• Mention any stand out achievements/awards your chosen athlete has received.</li> <li>• Add pictures to support your description.</li> </ul>



## What to submit

A word document report:

- Label your work: Ctech Sport, Miss Webb, Unit 3 L02 – 2.3
- Use headers to break up each of the 4 sections of the continuum: foundation, participation, performance and excellence.
- Research as much as you can about your chosen athlete but please do not just copy and paste information directly. Your work should demonstrate that you have an understanding of how you progress as an athlete from school sport to international level.
- Include a diagram of the sports continuum (example below) within your work as well as pictures of your athlete.
- Any queries please email: [hannah.webb@lordgrey.org.uk](mailto:hannah.webb@lordgrey.org.uk)

The sports participation continuum:

