



DOVER COLLEGE

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#Sport

Btec sport level 2 –

<https://www.brainscape.com/subjects/btec-sport-unit-1> -
Revision guidance to make flash cards for the unit 1 exam.

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx> - BBC
Bitesize – click on the link and select the Edexcel exam
board. There will be content that covers all of the units in
the course, even if we haven't covered it, you can make a
head start!! There is also an app you can download.

<https://www.youtube.com/c/ThePETutor> - There are series
of short videos covering all of the content from the exam
unit, all for free on Youtube.

Physical education GCSE: Pocket poster app (Apple) – This
app will provide bite size information on the course content
and more!



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Btec sport Level 3 –

https://www.youtube.com/channel/UCs775BZsfwQfsQqT1_QM_c-Q - This channel on Youtube covers all of the content covered across the unit 1 and 2.

https://www.youtube.com/watch?v=1JM4UGIUITk&list=PLn3nHXu50t5xqHW67LKFhUB_C2Y9C0lwC – This channel, Sports Science ESPN, explains how and why elite athletes are able to perform to such a high standard

Sports science quiz (Apple app store) – This will test the knowledge learnt for the exam in a quiz form.



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Practical P.E –

<https://www.youtube.com/user/thebodycoach1> - There are multiple videos of home workouts you can complete at home without any equipment. This ranges from some adult style workouts to P.E with Joe, which some of you may have done.

List of apps with short/ home workouts:

- Seven – 7 minute workouts
- Fit 30: Home workouts exercise
- 30 day workout at home
- Onyx: Home workout
- Fitness point: Home and gym