

# BTEC Sport Summer Project

2018

# Research suggests

- Data available from the Health Survey for England (HSE) suggests that in 2012 around 28% of children aged 2-15 years of age were classed as either overweight or obese.

# Your Project

**Create a tutorial assembly for the new Year 7 students to be delivered to them in September.**

**Your tutorial assembly should:**

- Research the possible causes of this increase in childhood obesity and offer the students suggestions on how they can become more active in Year 7.
- Include the opportunities can the Year 7 students have to exercise here at The Buckingham School and promote them.
- Include suggestions on how the Year 7 students can exercise at home with little or no sporting equipment.
- Highlight to the Year 7's what the Physical, Social and Psychological/Mental Benefits of exercise are.
- Consider the types of food and drink available to the students and what healthier choices they can make when at school.
- Highlight the health dangers of obesity to the year 7 students and the effect it can have on their body.
- Where possible use research from the Department of Health and NHS to highlight how much exercise year 7 students should be doing.
- Your tutorial assembly can include pictures and videos and can be presented in any form you would like.