Welcome to Flying Start with Exeter College.

Below, you’ll find questions to consider, tasks to complete and some background research you might want to undertake before enrolment.

This is the first of two batches of Flying Start activity sheets we’ll be sending you. The second will be launched around the May half term. Please read the instructions below and have a go at the activities.

If you get stuck at any point, please see the Frequently Asked Questions (FAQs) section at the bottom for help.

**To get you started...**

**Task 1** – Please complete this task on a word document.

The below tennis player is serving. Using your **current** level of knowledge, label the diagram, identifying:

- 10 **KEY** bones utilised during the movement.
- 10 **KEY** muscles responsible for initiating the movement.
- 2 **KEY** joints utilised during the movement and where they are located.

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**For those who want a bit more...**

**Task 2**

Identify what types of contraction are evident in the movement (Concentric / eccentric etc).

Identify what muscles these contractions happen in and **when** they occur.

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**FAQs**

**Q: Do I have to do it?**

A: Flying Start isn’t compulsory, but many students find it useful for getting them used to thinking about subjects at the next level. Early classroom sessions will also reflect on some of the Flying Start activities.
Q: Will this work be marked and when is it due?
A: This work won't be formally marked but will be discussed during your first classes with us in September. You should aim to bring along what you have completed with Flying Start along with you to your first timetabled sessions with us in September.

Q: I am not sure if I have got the answers right, what should I do?
A: Don't worry, just have a go at getting something down and bring it along to the lesson where we can talk it through. There is no need to get anxious about the tasks, we are not expecting you to know everything before you arrive but are interested in your ideas and what you have found easy or difficult as it helps us support you right from the beginning.