

# PHSG PHYSICAL EDUCATION A LEVEL PE

We are delighted that you have chosen to spend the next two years studying A Level Physical Education. This is a tremendous opportunity to study a fascinating subject in a department that has enjoyed terrific results over the last five years. But, do not be lulled into thinking that you have chosen an easy option and a good grade is a formality – this is far from the truth.

You are to study a subject which is not an Art or a Science but a mixture of the two with an important practical element. This allows everyone to find an area of strength. It also means that you will find some areas more demanding. Only if you work hard in ALL areas will you succeed. In the practical area you must be prepared to put in a good deal of your own time to improving your performance.

To get you off to a good start, we have put together some tasks for you over the summer holidays. There is one from each topic of the theory section.

## 1. Anatomy and Physiology

<https://www.youtube.com/watch?v=otHNMOaXSns&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16>

Watch and listen to this youtube clip. Create an A3 bubblemap of the main joints he goes through. Include the bones that articulate at each joint and the movements they produce. Extension: relate each movement to a sporting example.

## 2. Skill Acquisition

Read the information on the TeachPE website on skill and ability:

<http://www.teachpe.com/sports-psychology/skill-acquisition/ability-skill>

Make notes on the content.

Complete the quizzes: 'Skills and ability' and 'classifications of skills' at the bottom of the page.

## 3. Biomechanics

Research Newtons 3 Laws of motion and write a definition of each. Apply each one to the following examples:

A sprinter in the blocks at a sprint start (the 'set' position)

[Slow Motion Sprint \( Asafa Powell , Usain bolt \) - YouTube](#)

A footballer striking the ball

[Cristiano Ronaldo • Neymar • Iniesta • Super Slow Motion HD - YouTube](#)

#### 4. Sociocultural

Choose an international sporting event and identify the pro's and cons that the host country experienced during the build up years, event itself and post event years. Consider social, economic and sporting impacts. Hand write between one and two sides of A4.

#### 5. Exercise Physiology

Collect some evidence (newspapers, internet articles...) that you can find on athletes that have been caught or suspected of using any of the following ergogenic aids: anabolic steroids, erythropoietin (EPO), human growth hormone (HGH), blood doping. Summarise the information onto 1 A4 sheet.

#### 6. Sports Psychology

Create 10 quiz questions on leadership in sport, to include: emergent and prescribed leaders, leadership styles, and theories of leadership. The following links will help:

<https://www.youtube.com/watch?v=mPckXApTw60>

<http://www.teachpe.com/sports-psychology/group-dynamics-teamwork/leadership>

Try to include examples of coaches/managers/trainers in your questions.

#### 7. Sport and society

Collect some evidence (newspapers, internet articles...) about modern technology and the influence it has on sport. This will be discussed in lessons so bring an opinion with you too.

Eg. VAR in the World Cup. Wimbledon Hawkeye...

Lastly, if you are competing in your sport over the summer then please make sure you start gathering some video evidence. Have a look at the specification (guide to non-exam assessment which is on the OCR website) which will give you an idea of what will be looked at in relation to your practical sport: [OCR AS and A Level Physical Education NEA Guide](#)

Please hand in your summer tasks on your first lesson with us in September. We look forward to an exciting two years of A level PE coming up with you!

If you have any questions please email us:

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