

# **Transition work for Yr11 into Yr12 A-** **Level PE**

There are 4 parts to the transition work, each on separate page –

**Part 1 – Anatomy & Physiology (Mr Hockridge)**

**Part 2 – Psychology (Mr Grattan)**

**Part 3 – Socio-cultural (Mr Peake)**

**Part 4 – Practical evidence (Mr Hockridge)**

Complete the work to the best of your ability and submit to your relevant teacher.

## Anatomy and Physiology

Task – chose any 3 questions from below and write an essay of no less than 2 sides on the question. You may need to read around the subject first. Useful YouTube channel is James Morris PE, he does short tutorials on topics.

1. Explain the training methods that can be used to increase a performer's lactate threshold. **(15)**
2. Analyse the impact a healthy balanced diet can have on a football player and evaluate the use of dietary supplements to improve performance. **(15)**
3. Evaluate the process of 'periodisation' used within sports performance. Analyse the impact periodisation would have on a NBA basketball player. **(15)**
4. Explain factors that affect strength. Devise a six week training programme to improve strength. Explain how the programme would help to improve health and fitness. **(15)**
5. Define the term cardiovascular endurance. Using examples, explain factors that affect the cardiovascular endurance of a sports performer. Critically evaluate different types of training used to develop cardiovascular endurance. **(15)**
6. Within athletics, a performer can compete at a mixture of different distances, 100m, 800m and 5000m. Explain how each of the energy systems would contribute to the mix of these athletics events for both an elite athlete and a recreational runner. **(15)**
7. Evaluate the effects of an impact sport and a repetitive action sport on the muscular and skeletal system of a young performer. Use sporting examples to justify your answer. **(15)**
8. Analyse the effects that specialist training methods can have on an individual's cardiovascular and respiratory system. Evaluate how this impacts an individual in sport. **(15)**
9. Analyse the impact of physical activity and sport on the health of the individual. Design a training programme suitable for a person recovering from a heart attack over a 6 week period. **(15)**
10. Evaluate the effectiveness of muscle fibres within a range of sports and analyse the impact training has on fibre type. **(15)**

## Sport psychology A-level PE

- 1) Study a few YouTube videos of beginners (cognitive learners) playing the sport you follow and elite performers (autonomous learners).
- 2) Compare and contrast how the cognitive (beginners) and autonomous (elite) learners react under pressure when carrying out basic to more difficult skills and perform in general.
- 3) Can you give reasons why there are differences?
- 4) Look up the following terms using Google or P.E. books etc. Try and use terms to help you explain what the performers go through when they carry out these skills, briefly define the terms below and explain how they relate to the different types of performers:
  - i) Information processing
  - ii) Senses used
  - iii) How cues or signals work – give examples
  - iv) Decision making
  - v) Selective attention
  - vi) Response time
  - vii) Reaction time
  - viii) Movement time
- 5) Use the above points to explain how the following topics we cover could influence the performers – use Google to help:
  - i) Personality – introvert and extrovert
  - ii) Arousal levels – inverted U, catastrophe, drive theory
  - iii) Type of task performed
  - iv) Anxiety – how does this effect performance levels?
- 6) Aggression in sport – Why do you think aggression still exists in sport?
- 7) What ways can the governing bodies reduce the amount of aggression in sport?
- 8) Nature verses nurture – How does this relate to aggression?

## **Socio-Cultural Aspects of A-level PE**

***TASK: Examine the interrelationship between Sport England, local and national partners to increase participation at grassroots level and under-represented groups in sport***

This project should take 3-5 hours and be well-presented

Include the following to scaffold your project:

- 'Towards an Active Nation' strategy 2016-2021
- County Sport Partnerships (CSPs)
  - Sport England
    - Funding
    - Aims
- Activity Alliance
- Sporting Equals
- Women in Sport
- Active Women – Breeze, Back to Netball, Us Girls, This Girl Can
- StreetGames
- Places People Play
- Get equipped
- NGB's
  - Whole Sport Plans
- Rowability
- Generating the Habit

In an exam question on Sport England you must refer to specific initiatives like those mentioned above. Don't just say 'they provide equipment and fund sport', for example.

## Practical Performance

### (Dependent on current state of sport) PRACTICAL - Summer work for Year 12 for Physical Education –

#### **Videos must be unedited!**

Students have to produce a video demonstrating 3 areas of assessment in **fully competitive situations / matches**.

For example:

Football:

1. Attack
2. Defence
3. Strategy and tactics

Gymnastics:

1. Piece of equipment 1
2. Piece of equipment 2
3. Strategies and tactics / Tariff

The link below will take you to the specification:

<https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

It is best to try and build up a bank of videos to ensure we can evidence your mark.

Deadlines for sports will be different due to the competition seasons for each sport. You **must be involved** in some competitive sport.

What you need to do:

1. You need to find your sport in the specification and identify the skills that need to be evidenced in the video.
2. Film at least 4 different whole matches / competitions / performances to show evidence of core & advanced skills throughout the performance
3. Produce a timeline with written commentary to evidence when you are doing attack, defence or strategy&tactics

#### **Deadlines –**

### **October 31<sup>st</sup> all videos must be submitted with written commentary**

It is imperative that these are completed on time as they form the basis of your practical assessment for your qualification.

Textbook required by students.

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