

Pre A Level Work for A Level Physical Education

Course Introduction

1. Download, save & then browse the subject specification
<https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>
2. The text book for the course can be purchased online. This covers the content for both years of study [https://www.hoddereducation.co.uk/subjects/sport-pe/products/16-18/aqa-a-level-pe-\(year-1-and-year-2\)](https://www.hoddereducation.co.uk/subjects/sport-pe/products/16-18/aqa-a-level-pe-(year-1-and-year-2))
3. Look to join the following apps (these will keep you up to date with current affairs, the world of sport is something you should be interested in)
 - a. BBC Sport, Sky Sports, Bt Sport, gojimo,
 - b. Can you find any other apps, which you could use?

Topic - Practical

You need to decide which sport you intend to be assessed in. Please read through the list of individual and team options and the assessment criteria for the activity before you decide. It is strongly advisable that you are a club member in the chosen sport and that you participate / compete on a weekly basis. From the criteria, what areas do you think are your performing strengths and which ones do you think you are going to have to work on?

As part of the practical, you will be required to complete a detailed observation and analysis of a competitive performance. It can be of yourself or someone else. It must be on the sport you are going to do as your practical exam. As a lead into this, can you familiarise yourself with the criteria for assessment for objectives AO2 and AO3, and then look to find a performance that you would want to analyse. Please make sure that the performance contains enough weaknesses to enable you to write a detailed analysis. A ballpark figure is around ten thousand words, but you will not have to start it yet.

Topic - Sport and Society

For this topic, you will study where sport in Britain has evolved from up until current day sport. You will then study current issues within sport such as performance enhancing drugs and violence.

1. The following pod casts will give you an insight into some of the topics we study. Listen to the following and make notes from the pod casts on Sport and British by Claire Balding Website
<https://www.bbc.co.uk/programmes/b01bf42n/episodes/downloads>
 - Globalisation
 - Sport for all
 - The gentleman amateur
 - The dawn of professional football
 - The formal empire
 - The Corinthian ideal

- The rise of Olympism
2. Watch the London 2012 Opening ceremony on you tube. Watch from minute 12 up until minute 26. Observe, listen to the commentator and make notes on how Britain and sport changed from pre industrialisation to present day sport. Look specifically at the following things:
- a. The land and area e.g. Rural
 - b. Transport
 - c. Communication, e.g. news
 - d. Sport and activities and how they have changed
 - e. Buildings
 - f. Clothing

Topic – Sport Psychology

The first topic we study first is personality

Please research and make a PowerPoint presentation on the topic of personality

It should include:

- Definitions
- Theories – trait theory, social learning approach, and the interactionist perspective
- Add practical sporting examples to show how the theories work
- Add any articles or clips that explain the topic well, or how it is used in sport

Topic – Applied Anatomy and Physiology

For this topic, you will develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. You will be able to interpret data and graphs relating to changes within the musculoskeletal, cardio-respiratory and neuro-muscular systems and the use of energy systems during different types of physical activity and sport, and the recovery process.

Many of the topics within this section have been covered at GCSE level and so you will have a good baseline understanding. However there are new topics that you could research during this free period of time. I have put together a short list that will help you make a good start to the course. If you do not want to commit to purchasing the text book at this time, use the internet to help you learn

- What is the conduction system and how does it initiate your heart beat?
- How do chemoreceptors, baroreceptors and proprioceptors regulate (a) heart rate at rest and during exercise?
- Investigate the impact of smoking on your respiratory system and health
- Did you know that the nervous system and muscular system combine to conduct skeletal muscle contraction; what are the neurological events that result in muscles contracting?

- Can you perform a movement analysis for a press up? Use the following terms in your explanation to describe the upwards and downwards phases; isotonic, isometric, agonist, antagonist, eccentric, concentric, flexion, extension
- Read about the 3 energy systems; ATP-PC, Anaerobic Glycolytic System and Aerobic System. Explain when they are predominantly used in sport and identify the advantages and disadvantages of each system. Which is the best energy system and why?

Topic - Skill acquisition

The first topic will be Classification of Skills.

Decide what you think makes a skilful performance.

http://www.youtube.com/watch?feature=player_detailpage&v=AwCbG4I0QyA

(Barbarians try v New Zealand)

http://www.youtube.com/watch?v=MJVAYrk22tU&feature=player_detailpage

(Dance)

http://www.youtube.com/watch?v=rankc8FgUVk&feature=player_detailpage

Use the links above to help you arrive at your decision.

Skills are put in different classifications. Research the following in preparation for a discussion;

1. Closed-Open
2. Externally Paced-Internally Paced
3. Gross-Fine
4. Simple-Complex
5. Discrete-Serial-Continuous
6. Low Organisation-High Organisation
7. http://www.youtube.com/watch?v=e4w1Wy04xlg&feature=player_detailpage
(Gymnastics Tumbling)
8. http://www.youtube.com/watch?v=rxyMg-GtGgg&feature=player_detailpage
(Swimming Beijing 50m Finals)

Decide where the skills in the above clips would fit into your classifications.

Researching topics

Here are a list of topics you can look into. There are many articles and clips on these topics. Looking at such sites like BBC Sport should help you.

- Performance enhancing drugs
- Aggression in sport
- Anxiety in sport
- Violence in sport – including spectator violence
- Hillsborough disaster
- Talent id in sport
- Racism in sport

- Disability in sport
- Gender and sport
- Law in sport
- Commercialisation in sport
- Sportsmanship examples

You could also watch the BBC panorama programme on Mo Farah and drug taking

Please note down any good websites / weblinks that you find