

## **A level Physical Education 2023-24**

As an introduction to the course I would like you to complete the following tasks, as this will enable you to understand the type of work required for the course and how there will be similarities in the work you have done at GCSE.

\*Please complete each task separately and neatly and once completed save onto your computer and print out the worksheets/work and have them filed neatly in a folder.

The course covers Physiology factors, Psychology factors, and Socio/Cultural issues, so please have a look at the following

The exam board for the course is OCR. Please look at the specification ( <http://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>)

## **Anatomy & Physiology – Transition Task 1**

This is the biggest part of the course and the syllabus is split into three main areas:

Anatomy & Physiology, Exercise Physiology & Biomechanics

### **Task**

Review the major bones of the body

<https://www.youtube.com/watch?v=8SNZFJM2BhA>

Find a LARGE action picture of a sportsman/woman from the internet and print out

Add the following to your picture (it is up to you how you do this but keep it as neat as possible);

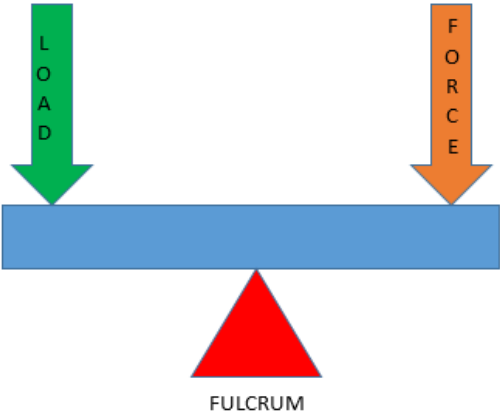
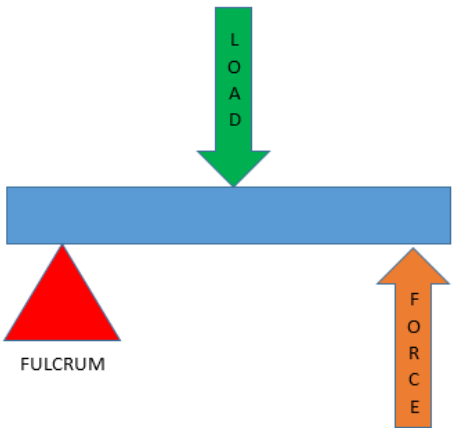
- a) Label as many bones as possible
- b) Label as many joints as possible
- c) Annotate the movement that is occurring at the joint (i.e. flexion, extension etc) and indicate the direction of the movement
- d) Label as many muscles as possible

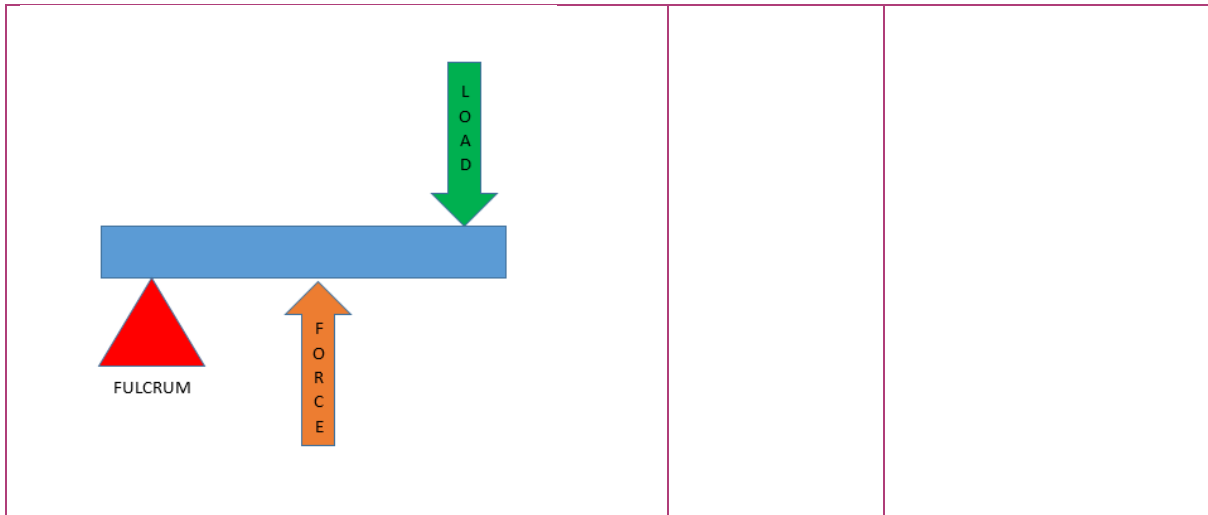
## Biomechanics Task 2

### Lever Systems.

Can you identify from the pictures below the class of lever and give a practical example from sport of that lever.

1. Identify the class of lever and give a sporting example of each.

Lever	Lever class	Example from sport
		
		



2. Define mechanical advantage?

3. Explain using a practical example what mechanical advantage is?

### **Skill/Sports Psychology- task 3**

A)The importance of Sports Psychology- view this website link <https://www.youtube.com/watch?v=d8DSzLpEru0--this> gives you an insight into why sports psychology is important.

B)Research the role of skill classification

<https://www.youtube.com/watch?v=MyJzoXqfVx4>

Look at the different types of skills and be able to define and describe them in your own words.

### **Socio/Cultural Issues task 4**

a) Find and keep an article on two of the following subjects:

\*Drug taking in sport

\*Violence in sport (players or spectators)

\*Increase in sedentary lifestyles or initiatives to reduce sedentary lifestyles

\*Sport and Public (private) Schools

\* Role of Technology in sport

b) Have you watched any big sporting events in the past?

Commonwealth Games, Olympic Games, World Cup. Euros, World Championships etc

What are the positive/ negative effects of hosting such a high profiled event? Can you list and explain a few reasons.

## **Practical Task 5**

**You will be assessed in one major sport either as a performer or as a coach from the list on the OCR website**

As part of the A level course you will be required to do a talk on a sports performer in your sport.

Your task this summer is to watch someone play the sport (use videos/youtube) and write up what strengths you have seen in that performer in terms of skills, fitness and tactics. Try to also say why you see them as strengths for example; the chest pass was good in netball as the player was able to ensure the pass was accurate and strong enough to get to the intended player.

Try to find 3 skill, 3 tactics and 3 fitness strengths in the observed player in your sport.

Thank you,

Mr Mawle

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