



Subject: Sport A-level (Enrichment Materials)

Know It (Knowledge)	Use It (Application)	Stretch It (Development)
<p>Identify a skill from a sport you participate in. For example, shooting in Netball.</p> <p>Break this skill down into preparation, execution and recovery.</p> <p>Can you find a picture or photo of you or an elite athlete performing the correct model of this.</p>	<p>Watch the skill being performed correctly and identify the technical language involved in performing this movement.</p> <p>For example, which muscles are involved in the movement? Where were you looking? What were your arms doing? What were your feet doing? What was the angle of flexion at the hip?</p>	<p>Analyse the skill you have identified. Using the technical language identified write about how you perform this skill. Remember to think about applying the topics such as planes and axes of rotation, levers, muscle movement etc.</p>
<p>Watch/read the following article/clips about 'This Girl Can'</p> <p>Follow Links 1 & 2 (below)</p> <p>This Girl Can Jennie Price TEDxUCLWomen</p> <p>Research how effective this campaign has been in getting women active considering barriers that might impact this.</p>	<p>Conduct a physical investigation into the impact of exercise on your heart rate. Use an exercise diary to log the impact of different activities. What adaptations have occurred in your cardiovascular, respiratory and muscular systems?</p> <p>Follow Link 3 (below)</p>	<p>Write an article about the impact of lockdown restrictions on sport. Consider the impact for example of planning and preparation for major sporting events and how periodisation will have been impacted for athletes that were due to take part in the Tokyo Olympics.</p> <p>Follow Link 4 (below)</p>
<p>Discuss if mental rehearsal and visualisation can improve performance before competition?</p> <p>Follow Link 5 (below)</p>	<p>Research - There is not a lot of sport on at the moment. Research how football is addressing and reinstating the differing leagues in various countries as lockdown starts to ease for some countries. What are the psychological and physiological benefits to spectators.</p> <p>Follow Link 6 (below)</p>	<p>With most elite sport impacted by social distancing, research how an athlete will continue to ensure that they retain their fitness and skill level for when sport resumes.</p> <p>How will they continue to train with limited access to facilities.</p> <p>Follow Links 7 & 8 (below)</p>

Links to websites used in this A-level enrichment sheet:

Link 1: <https://www.thisgirlcan.co.uk/about-us/>

Link 2: <https://www.thisgirlcan.co.uk>

Link 3: <https://www.cdc.gov/nccdphp/sgr/pdf/chap3.pdf>

Link 4: <https://eu.usatoday.com/story/sports/olympics/2020/03/24/2020-olympics-postponed-what-we-know-summer-games-move-2021/2863711001/>

Link 5: <https://www.pdhpe.net/factors-affecting-performance/how-can-psychology-affect-performance/psychological-strategies-to-enhance-motivation-and-manage-anxiety/mental-rehearsalvisualisationimagery/>

Link 6: <https://www.skysports.com/football/news/11661/11981400/coronavirus-premier-league-qa-project-restart-top-of-the-agenda>

Link 7: <https://www.olympicchannel.com/en/stories/news/detail/sport-share-home-workouts-coronavirus/>

Link 8: <https://www.theguardian.com/sport/gallery/2020/apr/07/athletes-find-inventive-ways-to-train-coronavirus-lockdown-in-pictures>