



**Subject: Sport Pre-A-level**

<b>Know It (Knowledge)</b>	<b>Use It (Application)</b>	<b>Stretch It (Development)</b>
<p><b>Health and Fitness</b>            Research to what extent does an athlete's body type determine success? Discuss relating your answer to a sport of your choice.            Follow <b>Link 1</b> (below)</p>	<p><b>Cardiovascular system/Training</b>            Conduct a physical investigation into the impact of exercise on your heart rate and the effect of training. Use an exercise diary to log the impact of different activities. What physiological adaptations are taking place within your body?            Follow <b>Link 2</b> (below)</p>	<p><b>Physical Training</b>            Write an article about the impact of lockdown restrictions on sport. Consider the impact of planning and preparation for major sporting events on athletes. How will periodisation have been impacted for athletes that were due to take part in the Tokyo Olympics?            Follow <b>Link 3</b> (below)</p>
<p><b>Movement analysis</b>            Identify/watch a skill from a sport you participate in. For example, shooting in Netball.            Break this skill down into preparation, execution and recovery phases.            Can you find a picture or photo of you or an elite athlete performing the correct model of this movement.</p>	<p><b>Movement analysis</b>            Annotate the skill being performed correctly and identify the technical language involved in performing this movement.            For example, which muscles are involved in the movement? Where are you looking? What were your arms doing? What were your feet doing? What was the angle of flexion at the hip?</p>	<p><b>Movement analysis</b>            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 from GCSE PE such as planes and axes of rotation, levers, muscle movement etc. when describing this movement.</p>
<p><b>Commercialisation</b>            Watch a pre-recorded sports competition of your choice. Can you identify how the 'Golden Triangle' impacts this sport? Think about the role of the spectators, the sponsors and the media. How are the athletes impacted? Highlight any advantages or disadvantages for the sport and those involved.            Follow <b>Link 4</b> (below)</p>	<p><b>Sociology</b>            Investigate how football is addressing and reinstating the differing leagues in various countries as lockdown starts to ease in some countries.            Consider the impact on performers and the benefits to spectators when sport on TV resumes.            Follow <b>Link 5</b> (below)</p>	<p><b>Physical Training and Nutrition</b>            With most sports impacted by social distancing, research how an athlete will continue to ensure that they retain their fitness and skill level for when sport resumes.            How will they continue to train with limited access to facilities and what impact will food restrictions have on their nutrition?            Follow <b>Link 6</b> (below)            Follow <b>Link 7</b> (below)</p>

**Links to websites used in this Pre-A Activities sheet:**

Link 1: <https://www.infofit.ca/body-type-for-sports-selection/>

Link 2: <https://www.ptdirect.com/training-design/anatomy-and-physiology/physiological-responses-and-adaptations-to-exercise-2013-an-overview>

Link 3: <https://eu.usatoday.com/story/sports/olympics/2020/03/24/2020-olympics-postponed-what-we-know-summer-games-move-2021/2863711001/>

Link 4: [http://ebooks.dynamic-learning.co.uk/prod\\_content/extracted\\_books/9781471878404-1.8.1/OEBPS/ch06-7.htm](http://ebooks.dynamic-learning.co.uk/prod_content/extracted_books/9781471878404-1.8.1/OEBPS/ch06-7.htm)

Link 5: <https://www.skysports.com/football/news/11661/11981400/coronavirus-premier-league-qa-project-restart-top-of-the-agenda>

Link 6: <https://www.olympicchannel.com/en/stories/news/detail/sport-share-home-workouts-coronavirus/>

Link 7: <https://www.theguardian.com/sport/gallery/2020/apr/07/athletes-find-inventive-ways-to-train-coronavirus-lockdown-in-pictures>



## Bridging Materials A-level Physical Education

We are delighted that you have chosen to study Physical Education next year and are looking forward to welcoming you in September. The tasks are designed to introduce you to some of the concepts that you will be looking at when you start the course and also demonstrates your commitment towards studying A-level Physical Education.

In order for you to arrive fully prepared, ready and raring to go we have outlined some activities below that will set you in good stead for the start of the course. Familiarising yourself with the specification is really important. The examination board that we use for Physical Education at Highsted Grammar School is AQA.

Subject	A-level Physical Education
Context	<p>30% of your A Level Physical Education grade will come from your practical assessment.</p> <p>Students are assessed as a performer or coach in the full sided version of one activity.</p> <p>Plus: written/verbal analysis of performance which is 30%.</p> <p>For this assessment, you must choose one activity, taking on the role of performer or coach. In order to be assessed in your activity it is essential you understand what criteria you will be judged against and begin to think about how you gather footage to evidence your ability. The bridging tasks outlined below will enable you to begin thinking about how you collate evidence towards this practical component.</p>
Practical tasks	<p><b>Task 1</b></p> <p>Visit the AQA website, or use this link  <a href="http://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582">http://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582</a> to save a copy of the specification PDF.</p> <p><b>Task 2</b></p> <p>On pages 31 to 80 on the specification there is a list of all of the activities and their core skills you can be assessed in. Making yourself familiar with the core skills for your particular activity or activities will be useful. If you are involved in training and competitions, it would be useful to start gathering video evidence of the core skills for use in your practical assessment. In a games sport you must provide unedited footage of a full sided game. Individual sports require footage of 2 full competitive competitions. You will need to find the criteria page (this can be found in section 4.5 which starts at page 32) and print off a copy/make a copy of the criteria for practical assessment.</p> <p>The video must be taken from a competitive situation, e.g. a full size Netball match or 6-a-side volleyball match. We will give you further guidance on how best to edit the footage into the new format in September. Here is a link to guidance on the practical assessment  <a href="https://www2.aqa.org.uk/resources/physical-education-and-sport/as-and-a-level/physical-education/assess/non-exam-assessment-guide">https://www2.aqa.org.uk/resources/physical-education-and-sport/as-and-a-level/physical-education/assess/non-exam-assessment-guide</a></p>
Sport and Society	<p>Research the origin of your own sport and what developments have happened to make it the sport it is today.</p> <p>Create a one-page report on the following areas.</p> <ul style="list-style-type: none"> <li>• The emergence of your selected sport</li> <li>• Identify whether it is amateur or professional</li> <li>• Outline the National Governing Body and when it was established</li> <li>• What your sport looks like at National and International competition level</li> <li>• The impact of commercialisation on your sport(rule changes, media etc)</li> </ul>



### **Current Climate**

It would be useful for you to keep an eye out for any interesting newspaper, magazine or electronic articles relating to any aspects of sport over the Summer. There will be many stories from the summer sporting events that link directly to the syllabus such as; the history of sport, drugs in sport, hooliganism, etc. Keeping an active eye on how they are portrayed and presented as this will place you in a very good position for next year. Other areas to look out for could be changes to government funding and initiatives designed to increase opportunities for participation as this will be beneficial for work that will be completed later on in the year.

### **Resources**

We do not make it a compulsory requirement to purchase any books for this course, however, if you do want to have an individual copy of the main textbook that will be used you could purchase the following two books that underpin the course. Both books are used in Year 12.

AQA A-Level PE Book 1 ISBN: 9781471859564

AQA A-Level PE Book 2 ISBN: 9781471859595

### **Some useful websites for Physical Education:**

[www.brianmac.co.uk](http://www.brianmac.co.uk)

<http://news.bbc.co.uk/sport1/hi/academy/default.stm>

[www.sportscoachuk.org](http://www.sportscoachuk.org)

[www.sportscience.org](http://www.sportscience.org)

[www.sportstec.com](http://www.sportstec.com)