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# A LEVEL

## PHYSICAL EDUCATION

### 2023-2024

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

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

The course will cover Physiology factors, Psychology factors, and Socio-Cultural issues.

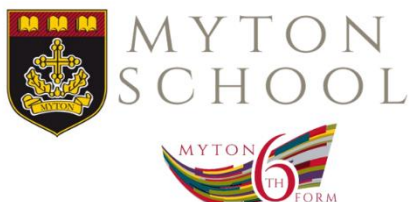
The exam board for the course is OCR. Please look at the specification:

<http://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

Thank you,

Miss R Cole

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## 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, watch this video:

<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

## SKILL/SPORTS PSYCHOLOGY [*Transition Task 2*]

- a)** The importance of Sports Psychology- view video at 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, watch this video:

<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 [*Transition Task 3*]

**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 profile event? Can you list and explain a few reasons.

## PRACTICAL [*Transition Task 4*]

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 this A Level course you will be required to do a talk on a sports performer in your chosen 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.

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Thank you, Miss R Cole (contact email: [cole.r@myton.co.uk](mailto:cole.r@myton.co.uk))