



REDNOCK PE Department

Physical Education

A Level

Transition Pack



A

CHANCE TO GET READY FOR A LEVEL PE, INCLUDING SOME TASKS, HELPFUL LINKS AND SOME INSIGHT INTO ONE OF THE BEST A LEVEL COURSES AVAILABLE!

Helpful reading and resources

First really important place to look is the OCR website –

<http://www.ocr.org.uk/qualifications/as-a-level-gce/physical-education-h155-h555-from-2016/>

Everything you need to know from the specification, to possible exemplar questions.

Next place is anywhere relevant for sporting information that is theoretical! This could include coaching and National Governing Body websites, twitter links from people like @PEGeeks @PE_Totd and similar

<http://www.bbc.co.uk/sport>

Course Structure:

Your course is divided up into a number of sections –

Paper 1: Anatomy and Physiology

- Skeletal system
- Muscular system
- Cardiovascular system
- Respiratory System
- Energy systems
- Biomechanics
- Altitude training
- Heat and exercise

Paper 2: Sport Psychology

- Skill Acquisition
- Sports Psychology

Paper 3: Sport Sociology

- Sport and Society
- Contemporary issues in Physical Activity and Sport.

NEA: Practical 30%

- One competitive activity so it is imperative that you stay in a good level of health but also work on your physical fitness over the break with your local club or similar.

Evaluation of Performance and Improvement

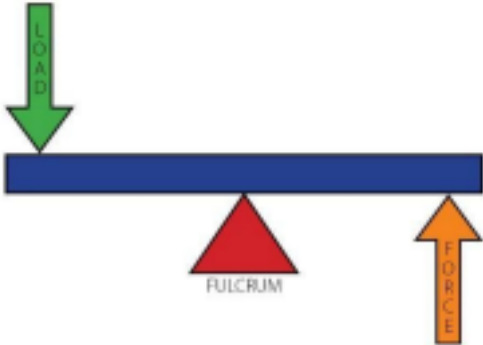
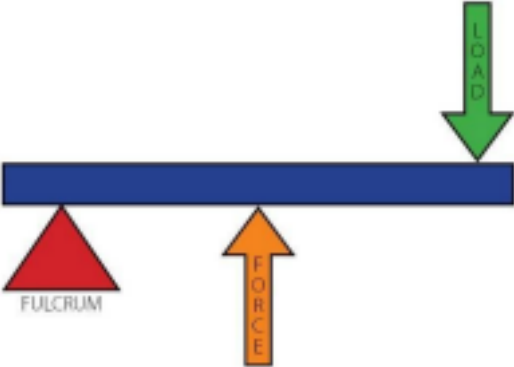
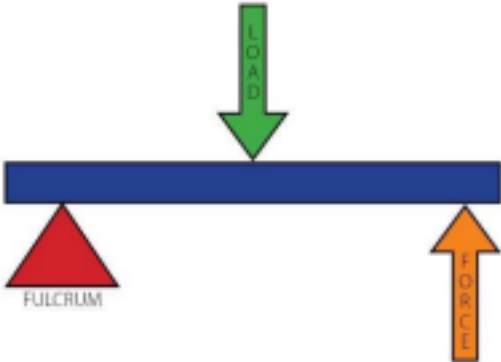
- Live recorded assessment assessing a sporting performance

There also included a number of tasks which will help prepare you for the forthcoming course. You need to complete these, ready for your return in September, with the knowledge that they may also be areas where you may be tested.

BIOMECHANICS

Student Activity

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

Lever	Lever class	Example from sport
		
		
		

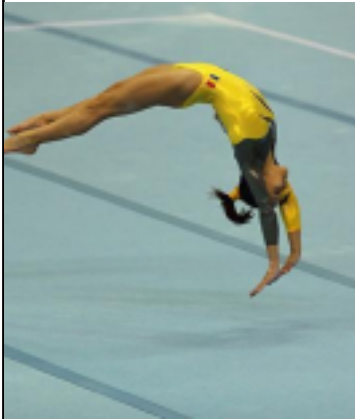

2. Define mechanical advantage?

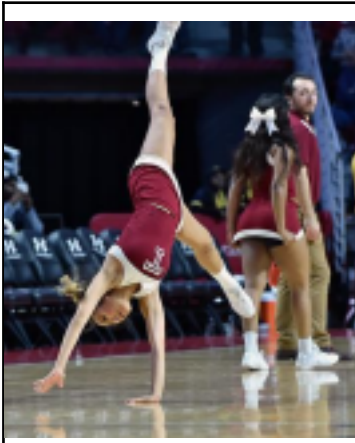
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3. Explain using a practical example what mechanical example is?

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1. Identify the axis of rotation being used



2. How can an athlete increase the velocity of their rotation? Use the example of an ice skater spinning to help you.
3. How can an athlete decrease the velocity of their rotation?- use the example of a high diver to help you.

Anatomy and Physiology

Types of joints Complete the following tables...

Type of joint	Mobility	Stability	Example
Fibrous / immoveable	No movement	Most stable	
Cartilaginous / semi moveable	Little movement	Stable	
Synovial / freely moveable	Free movement	Least stable	

Musculoskeletal System:

1. Label the axial and appendicular skeleton
2. Draw the muscles attached to each bone



SKILL ACQUISITION

Using prior knowledge and the internet, please produce a GLOSSARY (list of detailed definitions) for the following terms. Please make sure that you fully understand them as in the 'near future 'you will no doubt be tested on them'

DISCRETE SKILL

COMPLEX SKILL

GROSS SKILL

FINE SKILL

OPEN SKILL

CLOSED SKILL

TASK ANALYSIS

OVERLEARNING

KINAESTHESIS

POSITIVE TRANSFER

SUB-ROUTINE

EXPLOSIVE STRENGTH

MANUAL DEXTERITY

SELECTIVE ATTENTION MECHANICAL

GUIDANCE

The Effect of Technology In Sport

1. Complete the table of benefits and limitations of fitness apps as a means of improving participation in sport:

Benefits	Limitations

National Governing Bodies

For your next task, investigate thoroughly the NGB of your preferred practical sport. Have a delve into the history of it, who formed it, when etc. Also then get up to the present day by looking at what duties they perform and how they carry these out. For example, coaching, officiating, playing opportunities and how they provide these.

