



A LEVEL PE

Summer work

SUMMER WORK

- There are 4 separate tasks to complete for A Level PE to cover the different areas of the course:
 - 1. Physiology
 - 2. Psychology
 - 3. Social-Cultural
 - 4. Analysis and evaluation of performance
- Each task should take approximately one hour to complete.

SUMMER WORK

- Physiology
- 1. For each system of the body – skeletal system, muscular system, cardiovascular system and respiratory system, label a suitable diagram of the system.
- 2. Write a brief paragraph on the main functions of the systems.
- 3. What changes occur to these systems during exercise? (Think about your knowledge from GCSE PE – the redistribution of blood, increased heart rate, tidal volume etc.)
- You can use the internet to help but try to ensure that the writing is in your own words so that you are gaining a basic understanding of each system for year 12.

SUMMER WORK

- Psychology
- Research and recap the following topics:
 - Classification of skills
 - Guidance and feedback
 - Stages of learning
- Produce a side of A4 which outlines these 3 topic areas.

SUMMER WORK

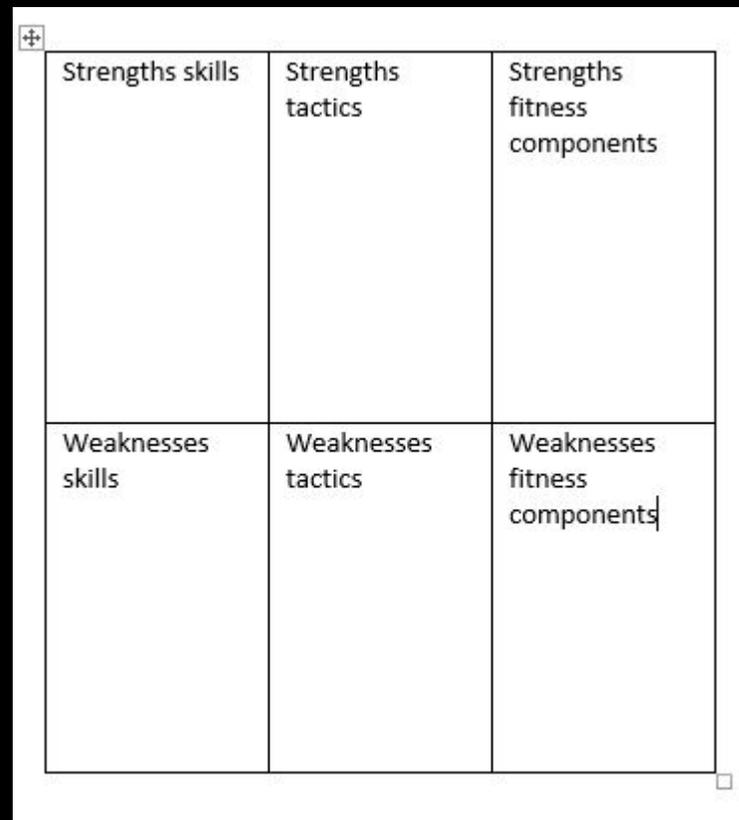
- Socio-cultural issues in sport
- For a sport of your choice, research the history of that sport and look at how it has developed up until the present day.

EAPI PREPARATION TASK

- Part of the coursework element of the A Level PE course is made up of a presentation.
- It can be the more daunting assessment on the course but with appropriate preparation, you can also achieve highly in this area.
- It involves you being able to identify strengths and weaknesses in someone's performance in a chosen sport.
- You then have to be able to produce a training programme to show how you would go about improving the individual's main weakness.
- Lessons will be dedicated to this task throughout the A Level course but it is important that you begin improving/developing your analysis skills by beginning to observe performers in your sport whenever you get the chance.

THE TASK ITSELF

- Spend 10 minutes watching a performer in a sport of your choice. This could be a youtube clip or live performance.
- Try to note down ALL of the strengths and weaknesses that you observe and try and categorise these strengths and weaknesses into skills, tactics and fitness components. You may lay out a piece of paper like this:



Strengths skills	Strengths tactics	Strengths fitness components
Weaknesses skills	Weaknesses tactics	Weaknesses fitness components

TO CLARIFY

- To prepare you for year 12 A Level PE we have asked you to complete 4 tasks:
- 1. Physiology task
- 2. Psychology task
- 3. Socio-cultural task
- 4. Analysis task