

Transition to Advanced Level Physical Education

Contents:

- I. Course Breakdown
- II. Reading List
- III. Tasks
- IV. Questions
- V. Table for Task 1



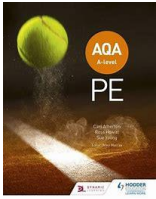
Course Breakdown

70% Theory (EXAM) • 30% Coursework (NEA)

<u>Paper 1:</u> Anatomy and Physiology Skill Acquisition Sport and society Written paper	35%	<ul style="list-style-type: none">• 2 hour written paper• 105 marks• Combination of multiple choice, short answer and extended writing questions
<u>Paper 2:</u> Exercise Physiology and Biomechanics Sports Psychology Sport and society Written paper	35%	<ul style="list-style-type: none">• 2 hour written paper• 105 marks• Combination of multiple choice, short answer and extended writing questions
NEA Practical performance in physical activity and sport – 15% Written analysis and evaluation piece of coursework – 15%	30%	<ul style="list-style-type: none">• One activity plus written analysis and evaluation• Internal assessment, external moderation

Reading List

BOOKS



MOST IMPORTANT – Atherton, Young and Howitt, AQA A Level PE, ISBN-13: 978-1510473300 (Year 1 and 2)

SCHOLARLY ARTICLES

- Polley, M. 2008. *'The amateur rules': Amateurism and professionalism in post-war British athletics*. Contemporary British History, pages 81-114.
- Quennerstedt, M. Ohman, M & Armour, K. 2014. *Sport and exercise pedagogy and questions about learning*. Sport, Education and Society, pages 885-898.
- Alexandris, K. Tsorbatzoudis, C. & Grouios, G. 2017. *Perceived Constraints on Recreational Sport Participation: Investigating their Relationship with Intrinsic Motivation, Extrinsic Motivation and Amotivation*, Journal of Leisure Research, pages 233-252.
- Zaichkowsky, L. 2004. *Arousal in Sport*. Applied Psychology.
- Weinberg, R. S. (2002) *Goal setting in sport and exercise: Research to practice. Exploring sport and exercise psychology*, pages 25-48.

MAGAZINES

A Level Physical Education PE REVIEW, Hodder Education



TELEVISION

Sports News Channel- This will support how you show your understanding by using current examples from sport.

Icarus. 2017- A film around doping within sport and current issues surrounding the use of drugs within sport.

Live Sporting Events- This will support how you show your understanding by using current examples from sport.

CHANNELS

James Morris – <https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBlklU3Xw>

The PE Tutor - https://www.youtube.com/channel/UCUVsiR-1u_oSZ32CHQmD4Ug

My PE Exam – <https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ>

TASKS and ACTIVITIES

ANATOMY AND PHYSIOLOGY AND BIOMECHANICS

TASK 1

Levers in Sport-

Using the YouTube clip below for background information and recapping from GCSE level, complete the table at the end of this booklet to demonstrate knowledge and understanding of levers within sport.

https://www.youtube.com/watch?v=d1wS_OIjzml

TASK 2

Training Programmes

Design 3 different training programmes for the following sports performers:

- Marathon Runner
- Long Jumper
- Shot Putt Thrower

Justify your choices of the key training methods you have applied within the programme.

TASK 3

Biomechanics

Calculate the speed of Usain Bolt in the 100m.

Time= 9.58 seconds

Calculate the speed of Mo Farah in the 5000m.

Time= 12 minutes 53 seconds

Calculate the speed of Allyson Felix in the 400m

Time= 49.26 seconds

TASK 4

Muscle Fibres

There are three main muscle fibres in the body. Slow oxidative, fast oxidative glycolytic and fast glycolytic. Research and identify three characteristics of each muscle fibre type and three sports performers that use them.

TASK 5

Energy systems

There are three main energy systems in the body. Fill in the table below on each energy system

Energy System	Type of reaction	Chemical or fuel used	Specific site of reaction	Controlling Enzyme	ATP yield	Specific stages in system	By Products
ATP-PC system							
Glycolytic System							
Aerobic system							

TASK 6

Periodisation of Training

When athletes are training they break down their training cycle into different cycles, macrocycles, mesocycles and microcycles. Watch the following video and then break down Mo Farah's training cycle if he is aiming to run in the Olympics 2024. Explain why you have broken his training cycle down how you have.

<https://www.youtube.com/watch?v=prlyDNPYLJM>

TASK 7

Diet and Nutrition

Using your knowledge from GCSE PE, design three menus for three different sports performers. Include on the menus, breakfast, lunch and dinner. Don't forget any snacks and drinks! Remember the components of a balanced diet and remember how these can change depending on the sport.

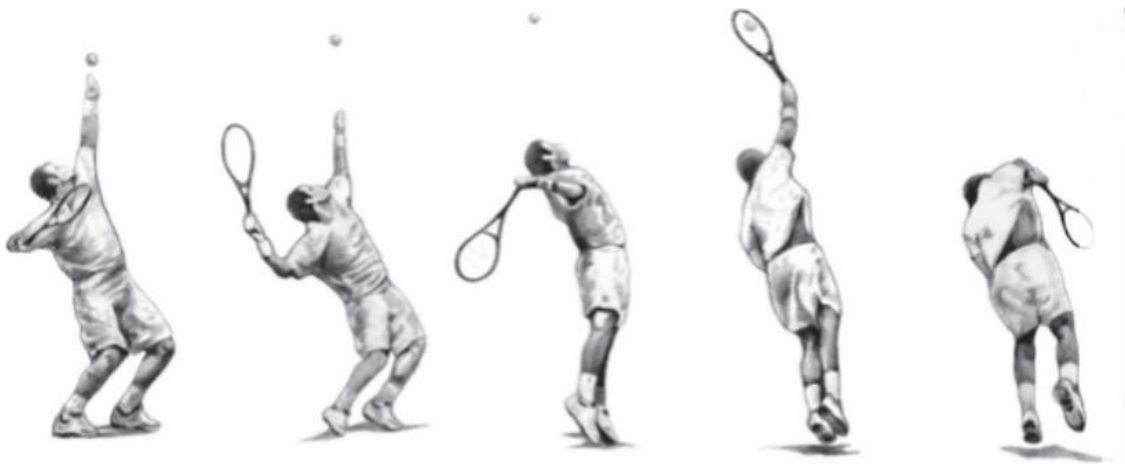
TASK 8

Analysis of movement

Analyse the movement occurring in this picture:

Include:

- the muscles
- the antagonistic pairs
- the planes/levers
- the joint type
- type of movement
- type of muscle contraction



TASK 9

Pick three sports performers who are known to be 'injury prone'

1. Find out what injuries they have had over their career.
2. How has this affected their performance?
3. Research what recovery methods they have used to try and get back to full fitness.
4. What rehabilitation methods have they used

TASKS and ACTIVITIES

SKILL ACQUISITION AND SPORTS PSYCHOLOGY

TASK 1

Theories of Learning

Research the following four theories of learning. Create a power point presentation highlighting the key features of the theory, how this might relate to learning within sport and also the positives and negatives of the theories application within sport.

- Operant conditioning
- Observational learning
- Social development theory
- Insight learning

Support:
http://www.teachpe.com/sports_psychology/learning_theories.php

TASK 2

Stages of Learning

Complete for the stages of the learning below. Fill in the blanks

COGNITIVE	ASSOCIATIVE	AUTONOMOUS
This is	This is	This is
An example is	An example is	An example is

Extension: Explain what stage of learning you are in for your main sport. You may wish to consider the below questions:
What stage of learning are you in for your main sport? Why are you in this stage? How can you move into the next stage of learning?

TASK 3

Guidance

Read the scenario

- Research the correct netball shooting technique
- Write down what verbal guidance you would give
- Write down/draw the visual guidance you would give
- Write down the manual or mechanical guidance you would give
- Would you give different guidance at different stages of learning a skill? If so, why?

TASK 4

Feedback

1. Watch a sports performance of your choice from your main sport.
 2. Explain how the sports performer would access each type of feedback.
- Feedback to include – intrinsic, extrinsic, positive, negative, knowledge of results, knowledge of performance

TASK 5

Types of Practice

Using the information on the types of practice. Choose a skill of your choice, explain how you would use part practice, whole practice and whole/part-whole practice to improve the skill.



TASK 6

Goal Setting

1. Read the two articles attached and highlight key reasons for goal setting and how it might relate to sports performers <https://believeperform.com/performance/why-is-goal-setting-important/> <https://www.brianmac.co.uk/goals.htm>
2. Create a SMARTER target for your own sports performance for A Level PE.
3. Explain how your target is SMARTER focus on explaining each component Specific, Measurable, Achievable, Realistic, Time Bound, Evaluate, Re-Do.

SET GOALS

- 1.
- 2.
- 3.



TASKS and ACTIVITIES

SPORT AND SOCIETY

TASK 1

Increasing participation in sport- create a promotional video/advert for one of the national partners aiming to increase participation in sport. In the video/advert include the aims of the partner, the benefits to increasing participation and outline strategies already in place.

TASK 2

Hosting Global Sporting Events

The next Olympics are in Paris 2024 and LA in 2028. The following games in 2032 are yet to have a place to host. Research previous Olympic Games and provide an argument for a potential host country to host the Olympic Games. Include in your argument the positive and negative impacts hosting a global sporting event can bring on the following areas; social, economic, political and sporting.



TASK 3

Emergence and evolution of modern sport

Compare and contrast the following images. One is of mob football (pre-industrial Britain) and the other is of football today (21st Century) . When comparing the images, comment on the key words in the text box. How did they influence the game in each time period?



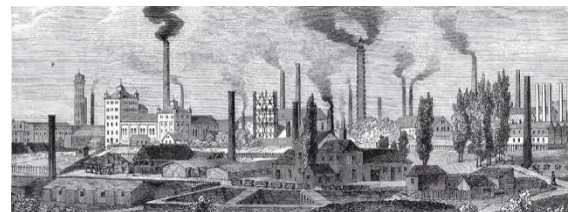
- social class
- gender
- law and order
- education/literacy
- availability of time
- availability of money
- type and availability of transport

TASK 4

Emergence and evolution of modern sport

When the industrial revolution occurred it changed the way people lived and worked and there was more distinction between work and leisure.

Focusing on this time period post 1850, write a newspaper article on how Britain's Industrial Revolution impacted the sport and pastimes. Choose at least three of the following areas to include in your newspaper article.



- social class – amateurism and professionalism
- gender/changing status of women
- law and order
- education/literacy
- availability of time/changing work conditions
- availability of money
- transport notably the railways

TASK 6

Technology in Sport

Using newspaper articles to support your argument but discuss the impact that VAR has had on football.



Assessment Questions

1. Explain how blood is redistributed to the working muscles. (3 marks)
2. Explain how oxygen diffuses from the lungs into the blood and how it is transported to the tissues. (4 marks)
3. Describe the characteristics of the main muscle fibre type used by sprinters. (4 marks)
4. Name the type of muscle contraction that occurs when kicking a football in a penalty shootout and identify the agonist and antagonist. (3 marks)
5. State a skill in gymnastics you think is closed, a skill that you think is serial and a skill that you think is gross. Give reasons for your choices. (3 marks)
6. Name the three stages of learning that a sports performer experiences whilst developing their skills and describe the characteristics of the level of performance associated with each stage. (4 marks)
7. Discuss the effects of industrialisation on sporting opportunities for working class. (4 marks)
8. Give reasons why female participants have improved opportunities to take part in sport in the early twenty-first century compared to the late twentieth century. (4 marks)
9. Basketball players need good cardiovascular endurance. State two classes of food that are most suitable for players who require cardiovascular endurance and explain why they are needed in their diet. (3 marks)
10. What are the psychological benefits of performing a warm up? (3 marks)
11. Using Newton's first law of motion, explain how a rugby kicker performs a conversion after a try in a game of rugby. (3 marks)
12. Name and explain one theoretical principle that a coach could use to change a negative attitude to a positive one. (3 marks)
13. Explain the different types of anxiety and use examples of how these can have a negative impact on performance. (4 marks)
14. Describe the process of effective goal setting in preparation to motivate a team during both training and performance. (4 marks)
15. Define and give examples of qualitative data research in relation to assessing an individual's performance within a game situation. (2 marks)
16. Explain the terms linear motion and scalar quantity (2marks)
17. Describe the term vector quantity (1mark)
18. What is Achilles tendonitis? (2marks)
19. An acute injury occurs suddenly, Name 2 traits you see from an acute injury? (2marks)
20. Compare isometric and isotonic contractions (6marks)

Table for Task 1

Lever Type	1 st class	2 nd class	3 rd class
Diagram of lever			
Where it can be found in the body- give two examples			
Give two examples of where the lever system can be used in sport			
What is the mechanical advantage of the lever system?			
What is the mechanical disadvantage of the lever system?			