

A Level P.E.

To prepare effectively for A Level Physical Education it is suggested you work through the below tasks and bring these with you for your first day at Bilton 6th form.

Please note you will sit a baseline assessment related to the materials below (TASKS1,2,&3) when you commence 6th form.

Task 1— Anatomy and Physiology. The motor unit and skeletal muscle contraction. - How can a skeletal muscle (muscles attached to the skeleton) contract?

* Create a power point presentation (printed out) showing the **structure and role of motor units in skeletal muscle contraction**. Include the nervous stimulation of the motor unit including: motor neuron, action potential, neurotransmitter and 'all or none' law

Task 2— Skill acquisition. Stages of learning.

A. Create comprehensive notes on the characteristics of the stages of learning:

- cognitive

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- associative
- autonomous

For a sport of your choice show practical examples of what a training session(s) could look like. Explain why it looks like the way it does because of the stages of learning of the participants.

Task 3— Global Sporting events. Describe both positive and negative impacts on the host country/city of hosting the Olympic Games.

Split your answer under the following 4 headings:

- sporting
- Social
- Economic
- political

Contact: if you have any queries about the subject or the tasks. Please contact; subject leader email; Megan.Plackett@biltonmail.com or Head of 6th form;

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