



Southam  
College

*Philosophy – Participation – Progression – Performance*

*Vision – Relentless focus on pursuit of excellence.*

*Departmental Core Values – Pride, Honesty, Humility, Team Work, Effort, Discipline*

# A Level PE Summer Project

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Welcome to A Level Physical Education.

We will use your knowledge from GCSE and build on this to help you understand new and more demanding ideas.

At A-Level we study the AQA specification and will study the following topic areas:

Applied Anatomy & Physiology	Skill Acquisition	Sport & Society
Exercise Physiology & Biomechanics	Sports Psychology	Technology in Sport

Work through the tasks outlined in this booklet. We'd like you to bring your investigations to class in September, but if you'd like to get in touch about the project, get some feedback or find out more about the course, please email Mr Lowdon at [lowdon.j@welearn365.com](mailto:lowdon.j@welearn365.com)

Good luck!

# ANATOMY & PHYSIOLOGY

In Anatomy and Physiology your first topic you study will be the Cardiovascular System.

Complete the activities below, making notes and noting down the reference.

1. Print a diagram of the heart and the circulation of blood around the body. Label the components of the CV system and show the route of oxygenated and deoxygenated blood.
2. State, describe and explain the immediate effects of exercise on the CV system.
3. State, describe and explain the long term effects of exercise on the CV system.
4. Select two appropriate sports and elite performers from the Olympic Games in Rio who would show these changes to help your explanations.

**TASK 1: Produce a one page revision guide for an A-Level PE student that presents this information.**

5. Research and make notes on the following key terms as a glossary. Anticipatory rise, Vascular shunting, Vasodilation, Vasoconstriction, Sympathetic nervous system, Parasympathetic nervous system, Chemoreceptor, Proprioceptor, Baroreceptor, Haemoglobin, Myoglobin, Oxyhaemoglobin, Blood pressure (systolic and diastolic), Venous return
6. Select an elite performer from the Olympic Games in Rio and describe and explain what happens during performance using the terms above.

**TASK 2: Produce a wall display to put up in your classroom in September. You might make a poster or do this using PowerPoint or similar. Your display should use images, keywords and simple explanations.**

# Skill Acquisition

Research and make notes on the following:

1. What are the characteristics of a skilled performance?
2. There are four skill continuums that we use to classify skills: – Environmental – Continuity – Pacing – Muscular involvement. Research each of these and make brief notes.
3. Choose one skill from your sport e.g. dribbling in football and decide where you would put it on each continuum e.g. is it an open or a closed skill and why?
4. Choose 10 skills from the Olympic Games and place them on the pacing continuum.

**TASK 3: Produce a poster to display in your classroom for September to present the information from one of the questions from above. Use images to illustrate your answers.**

5. Name and explain the 3 stages of learning.
6. What is a learning plateau? What are the causes and solutions?
7. Describe the three methods of guidance

**TASK 4: Write a newspaper article for a coaching magazine to educate coaches about the information above. How can they use this knowledge to improve their athletes performance.**

# SPORT & SOCIETY

The Olympics of one of the biggest sporting events in the world. This year has seen the first postponement of an Olympic Games in its 124- year history.

**Task 5: Research the history of the Modern Olympic Games and create a visual poster. Content to include:**

- Baron Pierre de Coubertin (who is he and why is he important?)
- 1896 Athens
- Past host cities (find them all along with their logos/posters)
- Cancelled Olympics
- Olympics remembered for controversial reasons (1936 Berlin, 1968 Mexico, 1972 Munich, 2020 Japan- COVID-19 postponement)

Useful resources

Read <https://www.bbc.co.uk/sport/olympics/52020134>

Listen <https://www.bbc.co.uk/programmes/w172wslfpx5ymz6>

Watch <https://www.youtube.com/watch?v=ccDFpoF5tZw>

You will have found out that the Olympic Games are not always remembered for sport. Some Olympic Games have been remembered for other reasons.

**Task 6: Explain, using examples, how and why the Olympics Games is sometimes remembered for the wrong reason.**

Useful resources

Read: <https://www.britannica.com/list/7-significant-political-events-at-the-olympic-games>

Watch: <https://www.youtube.com/watch?v=UilUPy0zyFA>

# SPORT & SOCIETY

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# *A Level PE Summer Project*

*"NO MAN IS LIMITED"*

Eliud Kipchoge has become the first athlete to run a marathon in under two hours, beating the mark by 20 seconds.

The Kenyan, 34, covered the 26.2 miles (42.2km) in one hour 59 minutes 40 seconds in the Ineos 1:59 Challenge in Vienna.

<https://www.bbc.co.uk/sport/athletics/50025543>

## **TASK**

Research Eliud's preparation and training for him to break this record. You will need to investigate the following topic areas and see how they supported his success:

- ***Training***
- ***Nutrition (What was involved?)***
- ***Climate (How was this considered?)***
- ***Equipment & Technology in sport (What was used?)***
- ***Sponsorship (What involvement did they have?)***

Make sure you use viable sources to support your project. Use pictures, videos and google scholar to help you. There is so much more behind how the world record was broken that will fascinate you! That is why we believe you will enjoy A level PE!

# PRACTICAL

Start to think about which ONE sport you will choose as your practical activity.

This will count as 30% of your final A-Level PE grade.

You should be training and performing/competing regularly out of school. If you are not already a member of a club out of school you need to research local clubs and look into joining.

**TASK 6: Write a diary/timeline which includes:**

- Your participation history; how you got involved in the sport, all the way up to present.
- Current training schedule – Calendared matches/events for the up-coming season.

The students who score the highest in the practical aspect of PE are members of sports clubs and play and compete regularly in their chosen sport at club level or higher.

# Performance assessment (practical performance)

15% of overall qualification

45 marks

**You MUST have video evidence of performing in a fully competitive environment (game/competition).**

Students assessed in one activity as a player/performer.

Students can only be assessed in activities listed in the specification.

For each activity, students will be assessed in three areas of assessment, each worth 15 marks.

# Activity list

Amateur Boxing	Association football	Athletics	Badminton	Basketball	Camogie	Canoeing
Cricket	Cycling	Dance	Diving	Gaelic football	Golf	Gymnastics
Handball	Hockey	Equestrian	Hurling	Kayaking	Lacrosse	Netball
Rock climbing	Rowing	Rugby league	Rugby union	Sculling	Skiing	Snowboarding
Squash	Swimming	Table tennis	Tennis	Trampolining	Volleyball	
<b>SPECIALIST ACTIVITIES</b>						
Blind cricket	Boccia	Goal ball	Powerchair football	Polybat	Table cricket	Wheelchair basketball
Wheelchair football	Wheelchair rugby					