



## Bilton School Sixth Form

### Physical Education – Transition Work

Please complete and return to your teacher at the start of your first A level PE lesson in September.

#### 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.

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

Cognitive

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

If you have any queries about the subject or the tasks. Please contact; the Head of PE -  
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