

# A-Level Physical Education

## Pre-Course Workbook



**MAIN CONTACT:**

**Mr Wilce**

**Head of PE**

mwilce@[combertonvc.org](mailto:combertonvc.org)

# WELCOME TO A-LEVEL PE!

We would like to warmly welcome you to the A-Level Physical Education course and we are really pleased that you have selected it. This pack provides information to prepare you for the start of the course in September 2020 and gives you some activities, tasks and challenges to do in preparation.

It is split into 3 sections:

1. Introduction to the course and key information
2. Course requirements and organisation
3. Unit specific activities, tasks and challenges

Work through the pack at your own pace and keep a record of what you have done!

## 1. Introduction to the course and key information

### What will I study?

You will study a range of topics across the two-year course. These are divided into 7 key areas, which are assessed in 2 exams at the end of Year 13.

Applied Anatomy & Physiology	Cardiovascular System, Respiratory System, Neuromuscular System, Musculoskeletal System & Energy Systems
Exercise Physiology	Diet and Nutrition, Preparation and Training Methods & Injury Prevention and rehabilitation
Biomechanical Movement	Biomechanical principles and levers, linear motion, angular motion, projectile motion, fluid mechanics
Skill Acquisition & Information Processing	Skill characteristics, Learning and performance & information processing
Sports Psychology	Psychological influences on the individual & psychological influences on the team
Sport and Society	Concepts of physical activity and sport, development of elite performers, ethics in sport, violence in sport, drugs in sport, sport and the law, impact of commercialisation on sport
Role of Technology	Role of technology in physical activity and sport

You will have 5 timetabled lessons per week and will be taught by 3 different members of staff.

You will also complete NEA work for this course, which will include providing video evidence of your sporting performance in a fully competitive context and completing a written element analysing your own strengths and weaknesses in your sport. You will begin working on this in the summer term of Year 12.

Additional information including when and where you will have your lessons will be provided to you during your first days of sixth form by the sixth form administration team.

## 2. Course requirements and organisation

### Organisation and personal resources

To give yourself the best chance of 'hitting the ground running' when you start with us in September, we have some top tips!

#### 1. Do sport, watch sport, read sport!

This course is all about physical activity, exercise, sport and the sports industry. The more you know about professional sport and news and the more active you are in sports teams or personal fitness, the better! Try doing some of the following:



- Listen to sports podcasts: The Peter Crouch Podcast, The Science of Sport, Flintoff Savage and the Ping Pong Guy
- Download sports news apps: BBC Sport, ESPN, Red Bull TV, Yahoo Sports, theScore
- Watch highlights from previous Olympics or International Events: [Olympics](#) , [BBC Sport](#) , [England Netball](#) , [Team England – Commonwealth Games](#)
- Complete online workouts to keep up your fitness and learn these workout types – try different things! [HIIT](#) , [HIIT with weights](#) , sports specific workout - [football](#) , [Pilates](#) , [resistance bands](#)

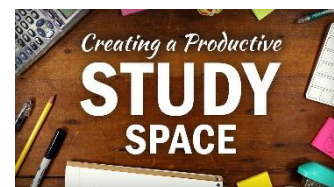
#### 2. Get a planner or diary

You will be receiving multiple pieces of work from different teachers throughout the week. These will have different due dates and times and it's important to keep track. Equally as important is planning out your time. Breaking up your week into 'study slots' to complete different pieces of work is key to ensuring you hand in your work on time! Something like this is perfect! [Amazon - Weekly planner pad](#)



#### 3. Create a working space at home

You may prefer working at school and it's absolutely fine to do this. There is likely however, to be times when you have to complete work at home. Creating a space for yourself to do this is helpful to keeping organised and focused. A place where you can sit and work comfortably, free from distractions, free from mess and with easy access to your folders, books and work devices (e.g. a laptop) is good. Lots of light where possible and maybe even a notice board for reminders! Doesn't have to be Instagram-able but should be a good place to study! Check out this video to help! [How to create an organised, productive study space](#)



#### 4. Stationary

You should arrive to lessons equipped with basic stationary: a pad of lined paper, pens, a pencil and highlighters are essential.

You will be provided with exercise books to complete classwork and homework tasks in.

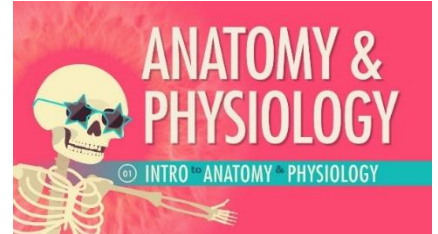
**We will also use One Note to set work and complete some activities so please be prepared to access and complete work online.**

### 3. Pre-course learning tasks (due September 2023)

We have put together a selection of activities, tasks and challenges which reflect the course content, across a few units. Complete these in your own time and keep a record of what you have done.

#### Task 1: Anatomy and Physiology

This exam unit is all about how our body works to produce movement and allows us to exercise. You will learn about 5 different systems, how they work, the impact exercise has upon them and how they allow us to do physical activity.



1. Choose 1 of the 4 body systems to research:
  - Cardiovascular System
  - Respiratory System
  - Neuromuscular System
  - Musculoskeletal System
2. Create a poster which identifies the key components of this system and how it helps us to participate in sport/exercise.
3. Use online resources to get your information – be as creative as you can in the production of your poster.

Helpful sources of info...

[Brian Mac](#)

[Inner Body Research](#)

[Crash Course – Anatomy and Physiology](#) – YouTube playlist

## Task 2: Sports Psychology

Sports Psychology teaches you about the different psychological factors that affect sports performers and how to deal with them.

This is a game to see where your motivations lie...

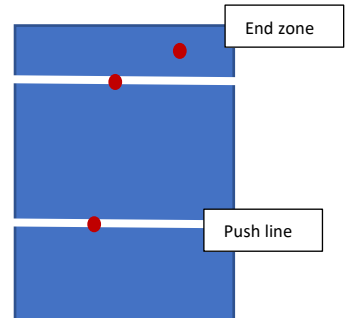
You need at least two players for this game. Choose one of the two activities below:



Sink it Ping Pong



Half-penny shove



1. Set up 5 cups as shown above – ideally on top of a table. The more table tennis balls you have the better, but one will do (can use scrunched up paper or foil as an alternative).  
*If using plastic cups, fill to about a third with water to prevent it falling over.*
2. Set a throw line up (at least 1 metre from the cups).
3. In 1 min, see how many times you can 'sink a ball' (get it in a cup). Cups stay in place if ball lands in one.

1. On a table, create an end zone with a taped line at one end (should be around 15cm long and the width of the table). Can use markers either side of table if not allowed to use tape! Create the same at the other end that is double the length.
2. Each player has 3 coins. The aim is to push the coin from one end of the table to stop dead in the end-zone you have created. Each player takes all 3 turns, removes their coins, then the other player goes.  
*Not allowed to touch the coin past the push line.*
3. Any coin which stops dead in the end zone = 1 point.

**Now... repeat the game and choose 1 of two goals:**

1. To beat your own score in the previous game
2. To beat the other players' scores in this new game

Which did you choose? **Highlight below**, which you chose and the type of motivation/goals you set.

If you chose Goal 1. To beat your own score, you have a tendency towards setting Mastery Goals.

If you chose Goal 2. To beat the other players' scores, you have a tendency towards setting Performance Goals.



There are two main types of 'achievement goals':


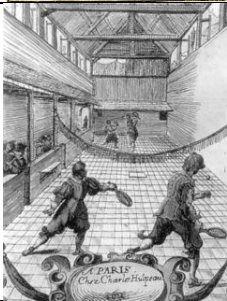


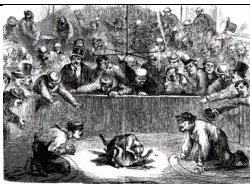
- 1) **Mastery goals** – these are goals which focus on perfecting or learning a skill, setting challenges against your own performance, are realistic but challenging.
- 2) **Performance goals** – these are goals which focus on competition against others, beating an opponent and winning. They strongly revolve around comparing your performance against others.



## Task 3: Sport & Society

To understand how sports have developed, we need to look into the past and study traditional sports.

Complete the table below, you will need to spend some time researching each activity.

Name	Picture	What was it?	Who was it for?
Cotswold Games			
Real Tennis			
Hawking			
Smock Racing			
Dog Fighting			
Pedestrianism	