



RIVERSIDE SCHOOL
Physical Education Department

Year 12 Transition Booklet

A-Level Physical Education

This booklet includes:

Course Breakdown



Recommended watching



TASKS and ACTIVITIES



Exam Question Practice

Course Breakdown

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

<p><u>Paper 1:</u> Section A: Applied Anatomy and Physiology Section B: Skill Acquisition Section C: Sport and Society / Technology in sport Written Paper</p>	70%	<ol style="list-style-type: none"> 1. 2 hour written paper 2. 84 marks 3. Combination of multiple choice, short answer and extended writing questions 4. Including use of data
<p><u>NEA / Coursework:</u> Practical performance in physical activity and sport – 15% Written analysis and evaluation of performance – 15%</p>	30%	<ol style="list-style-type: none"> 1. 90 marks 2. One activity (45 marks) plus written analysis and evaluation (45 marks) 3. Internal assessment, external moderation

Unit	Subtopics	Unit	Subtopics
Applied anatomy and Physiology	Cardiovascular system Respiratory system Neuromuscular system Musculoskeletal system Analysis of movement	Skill acquisition	Skill, skill continuums and transfer of skills Impact of skill classification Principles and theories of learning and performance Use of guidance and feedback
Exercise Physiology	Diet and nutrition Preparation and training methods	Sport and society	Emergence of globalisation of sport in the 21 st century Impact of sport on society and of society on sport
Biomechanical movement	Biomechanical principles Levers	Sport psychology	Personality Attitudes Arousal Anxiety Aggression Motivation Social facilitation Group dynamics Goal setting
		Technology and sport	Technology and data collection Video and analysis programmes Testing and recoding equipment Use for GPS and motion tracking software Maintaining data integrity

Recommended Watching

TICK BOX IF YOU HAVE WATCHED OR READ.



<i>The English Game</i> (Sport and Society)		<input type="checkbox"/>
<i>Unstoppable</i> (Sport Psychology)		<input type="checkbox"/>
<i>Icarus</i> (Drugs/Performance)		<input type="checkbox"/>
<i>Stop at Nothing</i> (Doping in Sport)		<input type="checkbox"/>
<i>Coach Carter</i> (Sport Psychology)		<input type="checkbox"/>
<i>The Game Changers</i> (Diet and Nutrition)		<input type="checkbox"/>
<i>Supersize Me</i> (Diet and Nutrition)		<input type="checkbox"/>
<i>Blindside</i> (American Football)		<input type="checkbox"/>
<i>Last Chance U</i> (American Football)		<input type="checkbox"/>
<i>The Last Dance</i> (Michael Jordan)		<input type="checkbox"/>
<i>Losers</i> (Adversity in Sport)		<input type="checkbox"/>
<i>Moneyball</i>		<input type="checkbox"/>
<i>Formula 1 Drive to Survive</i>		<input type="checkbox"/>

<i>All or Nothing</i> <i>Manchester City</i>		<input type="checkbox"/>
<i>All or Nothing</i> <i>New Zealand All Blacks</i>		<input type="checkbox"/>
<i>This is Football</i>		<input type="checkbox"/>
<i>4 Minute Mile</i>		<input type="checkbox"/>
<i>The Program</i> (Lance Armstrong)		<input type="checkbox"/>
<i>Andy Murray – Resurfacing</i> (Injury Rehabilitation)		<input type="checkbox"/>
<i>Dan Carter – Perfect 10</i>		<input type="checkbox"/>
<i>The Unknown Runner</i>		<input type="checkbox"/>
<i>The Race to Dope</i> (Doping System in Sport)		<input type="checkbox"/>
<i>Muscle and Medals</i>		<input type="checkbox"/>

<i>Subscribe to the Body Coach</i> (Joe Wicks) (Types of Training/Nutrition)		<input type="checkbox"/>
<i>Kobe Bryant</i> <i>Black Mamba Doc</i>		<input type="checkbox"/>
<i>Being Serena</i> <i>Series</i>		<input type="checkbox"/>
<i>“Is Professionalism Killing Sport”</i> <i>BBC Documentary</i>		<input type="checkbox"/>
<i>The Psychology of a Winner 2020</i> <i>Documentary</i>		<input type="checkbox"/>
<i>Trent Alexander Arnold</i> <i>Living the Dream</i>		<input type="checkbox"/>
<i>Tyson Fury</i> <i>Road to Redemption</i>		<input type="checkbox"/>
<i>Crossing The Line</i> <i>Australian Cricket</i>		<input type="checkbox"/>
<i>Jurgen Klopp</i> <i>Journey to Top</i>		<input type="checkbox"/>
<i>Strive for Greatness</i> <i>Lebron James</i>		<input type="checkbox"/>

Keep up to date with all the latest news in the world of sport, there is always something happening that links to the course.....



Sky Sports News,
Internet (BBC) and
Twitter...Follow



YOUTUBE CLIPS

[Venous Return](https://www.youtube.com/watch?v=J80hhCkLUA) <https://www.youtube.com/watch?v=J80hhCkLUA>

[Stages of Learning](https://www.youtube.com/watch?v=n7UcobScnck) <https://www.youtube.com/watch?v=n7UcobScnck>

[Rational Recreation](https://www.youtube.com/watch?v=SPrTPKj4ONQ) <https://www.youtube.com/watch?v=SPrTPKj4ONQ>

[Diet and Supplements](https://www.youtube.com/watch?v=pBAPapMCRlo) <https://www.youtube.com/watch?v=pBAPapMCRlo>

[Newton’s Laws](https://www.youtube.com/watch?v=MAM6LOUnj80) <https://www.youtube.com/watch?v=MAM6LOUnj80>

[Aggression in Sport](https://www.youtube.com/watch?v=DlrTha8cbAl) <https://www.youtube.com/watch?v=DlrTha8cbAl>

[Revision](https://www.youtube.com/watch?v=Hf9CUHsrKcQ) <https://www.youtube.com/watch?v=Hf9CUHsrKcQ>

Channels

[My PE Exam](https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ) – <https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ>

[The PE Tutor](https://www.youtube.com/channel/UCUVsiR-l_u_oSZ32CHQmD4Ug) - https://www.youtube.com/channel/UCUVsiR-l_u_oSZ32CHQmD4Ug

[James Morris](https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBlku3Xw) – <https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBlku3Xw>

TASKS and ACTIVITIES

TASK 1

Levers in Sport

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

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

Lever Type	1 st Class	2 nd Class	3 rd Class
Diagram of Lever			
Where it can be found in the body Provide 2 examples			
Give 2 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?			

TASK 2

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 theory's application within sport.

1. Operant conditioning
2. Observational learning
3. Social development theory
4. Insight learning

TASK 3

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 following:

5. Aims of the partner
6. Benefits to increasing participation
7. Outline strategies already in place.

TASK 4

Training Programmes

Design 3 different training programmes for the following sports performers:

8. Marathon Runner
9. Long Jumper
10. Shot Putt Thrower

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

TASK 5

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 6

Sport Psychology

Complete the Personality Test.

<https://www.quietrev.com/the-introvert/test>

Explain the role personality plays on sporting performance.

TASK 7

Technology in Sport

Watch a sporting match of your choice. Create a Notational Analysis table including the key skills demonstrated within a game. Tally the number of times each skill is completed within a game by one of the individual performers.

Exam Question Practice

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)