

Year 12

Enrolment Task

PE

Exam Board: Edexcel

Course Specification:

[Edexcel AS and A level Physical Education \(2016\) | Pearson qualifications](#)

Enrolment Task:

Break down a skill from **your main sport** into the following stages – (example of a shot in Football):

- Preparation – (Placement of supporting foot & Back swing of the leg)
- Execution– (contact on the ball & swing of the leg)
- Follow Through – (front swing of the leg)
- Result/Outcome – (direction of the ball)

Break this down into pictures of an elite performer completing the skill, the easiest way to do this is via taking screen shots from a YouTube clip.

Make sure that you keep a record of the URL link.

Research Tasks and Wider Reading:

As optional extra areas of study, you might like to:

- Research the modern Olympic games focussing on the main political issues/controversies at each games.
- Research the main body systems focussing on the structure and function of each systems characteristics.
- Research an elite athlete (past/present) and the psychological strategies they use to prepare for competition.
- Suggested documentaries/TV series:
 - The Last Dance
 - Icarus
 - The Redeemed and the Dominant
 - The English Game
 - Andy Murray 'Resurfacing'

Enrolment Task due by Friday 15th July

Submit your work here: <https://bit.ly/Enrolment-Task-PE>

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