

Preparing to Study at A level

Work for ...PE

Below you will find 5 weeks preparation work (around 10 hrs) for your A level course and an Enrolment Task (2 hrs). You will need to do the same for your other two subjects. The final enrolment task must be submitted to Enrolment@StratfordSchool.co.uk by Monday 12th July.

Edexcel

You can find the course specification here:

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

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'

Activities:

Task 1

Watch the video:

Man on a Mission - Br O'Connell and the rise of Kenyan Athletics

<https://youtu.be/LmXN-kQZ04M>

Task

Research 'Altitude training'.

Questions

1. Write a brief summary of the YouTube video
 2. What are the stresses are the human body at altitude?
 3. What adaptations / changes does the body experience when expose to altitude?
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Task 2

Watch the following YouTube video on the 1936 Olympic games :

<https://www.youtube.com/watch?v=dwd6DBpVPOE>

Make notes on impact of Jesse Owes:

- what he did.
- the impact it had.

Write a report that evaluates the political impact of these games.

Task 3

You will be required to have 2 practical sports that you will be need to perform at a high standard. In order to understand how to improve your performance you need to know how to analyse skills in detail.

Watch this video:

https://www.youtube.com/watch?v=lycbtd6v7mA&list=PLzh4kOin3WArL_EFstlxY3tGb5JkKkFqS

Task

Answer the following question's

Questions

1. **what is the definition for skill?**
 2. **State and explain the 6 classification of skills**
 3. **Using one of your two sports: on each continuum pick two skills that would be at either end. You must justify why you have placed each skill.**
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Task 4

Watch the following YouTube video on Lance Armstrong:

<https://www.youtube.com/watch?v=2jtDH-10m2s&t=117s>

Make notes on:

- what he did.
- why he did it.
- the impact it had.

If you don't know who Lance Armstrong is have a read of his background here:

https://en.wikipedia.org/wiki/Lance_Armstrong

Task 5

Performers need guidance to acquire and improve their skills. It helps to support the performance in a range of different ways.

Watch the video:

<https://www.youtube.com/watch?v=MxZeasc-wCA>

Task

Research 'Types of guidance'.

Questions

1. What is guidance in sport?
2. What are the four different types of guidance?
3. How would you use guidance to help and support someone who would like to take up a sport you do?

Enrolment Task (This task must be sent to Enrolment@StratfordSchool.co.uk):

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.

If you have any questions, please contact [Mr Wnuk gwnuk@stratfordschool.co.uk]