

A-Level Physical Education

DPA

PE Transition Work

Year 11-12



St Peter's

SIXTH FORM

Discover your potential

We're looking forward to welcoming you in September! Please note that this document has been created by staff to help you prepare to start your studies at sixth form. The work you produce from this will form the basis of a discussion in your first lessons with your teachers.

At the end of this document, there is a review grid for you to complete every time you engage with some preparatory reading this summer.

Overview of the Course

Exam Board = AQA

Year 12 content

Paper 1: Factors affecting participation in physical activity and sport
<p>What's assessed</p> <p>Section A: Applied anatomy and physiology Section B: Skill acquisition Section C: Sport and society</p>
<p>How it's assessed</p> <ul style="list-style-type: none"> • Written exam: 2 hours • 105 marks • 35% of A-level
<p>Questions</p> <ul style="list-style-type: none"> • Section A: multiple choice, short answer and extended writing (35 marks) • Section B: multiple choice, short answer and extended writing (35 marks) • Section C: multiple choice, short answer and extended writing (35 marks)

Year 13 content

Paper 2: Factors affecting optimal performance in physical activity and sport
<p>What's assessed</p> <p>Section A: Exercise physiology and biomechanics Section B: Sport psychology Section C: Sport and society and technology in sport</p>
<p>How it's assessed</p> <ul style="list-style-type: none"> • Written exam: 2 hours • 105 marks • 35% of A-level
<p>Questions</p> <ul style="list-style-type: none"> • Section A: multiple choice, short answer and extended writing (35 marks) • Section B: multiple choice, short answer and extended writing (35 marks) • Section C: multiple choice, short answer and extended writing (35 marks)

Year 12 & 13 content

Non-exam assessment: Practical performance in physical activity and sport
<p>What's assessed</p> <p>Students assessed as a performer or coach in the full sided version of one activity. Plus: written/verbal analysis of performance.</p>
<p>How it's assessed</p> <ul style="list-style-type: none"> • Internal assessment, external moderation • 90 marks • 30% of A-level

Year 12 Content

Anatomy & Physiology

1. Cardiovascular system
2. Respiratory system
3. Neuromuscular system
4. Musculoskeletal system & movement analysis

Skill Acquisition

1. Skill continuums & skill transfer
2. Practice
3. Theories of learning
4. Guidance & feedback
5. Memory models

Sport & Society

1. Pre-industrial > post-industrial > post WW1
2. Impact of sport on society > impact of society on sport

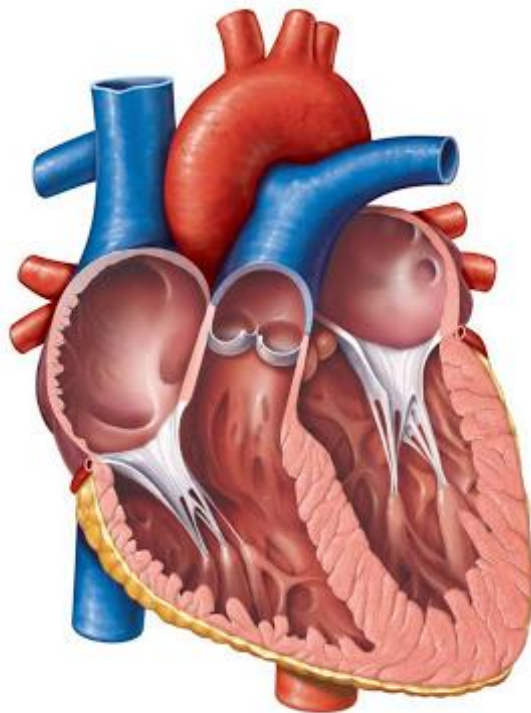
Tasks

Each section of the course below has 2 associated tasks. Complete the tasks prior to your first lesson in September.

Section 1: Anatomy & Physiology

Task 1

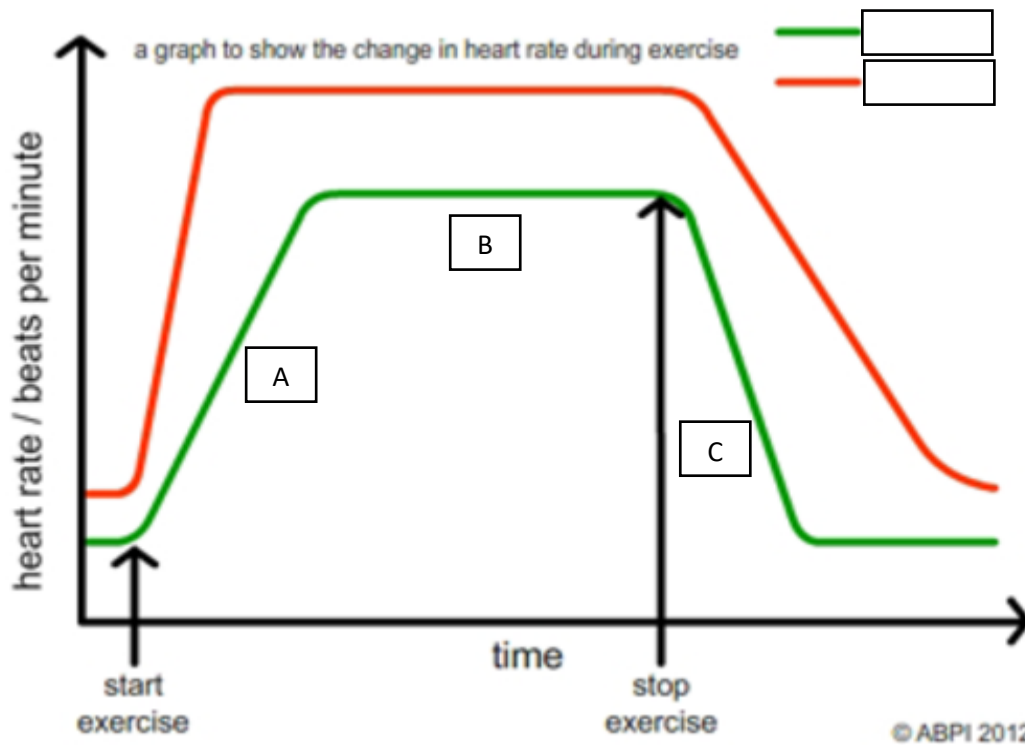
Label the heart, then answer the following questions:



1. Which chambers are larger? Explain why.
2. Which muscular wall is larger? Explain why.
3. What is the function of valves in the heart?

Task 2

The graph below demonstrates the changes to heart rate during exercise. One is a fit person, one is an unfit person. Complete the tasks below.



- Using the key on the top right of the graph, state which line represents a fit person and which line represents an unfit person.
- Before they start exercising, each person experiences a small 'anticipatory rise'. Suggest what this could mean
- Complete the table below to explain changes in heart rate as shown on the graph:

Point	Explanation
A	
B	<i>Steady heart rate because ...</i>
C	<i>HR declines quickly in a healthy person because...</i>

- Suggest why a non-fit person's HR drops slower than that of a healthy person.

Section 3: Sport & Society



*Pre-industrial
Britain*

*Post-industrial
Britain*

*Post-WW11 until
today*

Task 1

Watch the following video: <https://www.youtube.com/watch?v=G6K3WHKHTsU>

Create a mind map on life in pre-industrial Britain:

- When did the pre-industrial period begin in England?
- Where did most people live?
- What was the main occupation of people in pre-industrial Britain?
- What was the two class systems that were around at the time?
- Why didn't people travel as much?
- Why couldn't people read and write?
- Why didn't people live as long as people do today?

Task 2

The following sports have a history dating back to games in pre-industrial Britain.



Association football

Mob football



Tennis

Real tennis

Using the pre-industrial name in **red**, research and take notes on the history of **one** of the above sports in the following box.

Chosen sport:

How did the sport develop through these time periods:

Pre-industrial

Post-industrial

Post WW11

21st Century

List some of the social and cultural factors that have had an effect on the development of the sport

Any key events that have originated from the sport (in Britain)

Key famous examples from within the sport

Recommended Research List

Podcasts

The A-level PE podcast – spotify

The Pinnacle Performance podcast

The Sport Psych Show

Sport in History podcast

Articles

PE review magazine <https://www.hoddereducation.co.uk/sport-pe>

@sportBeechen on Twitter – directs you to current reading

Sky Sports News app – keeps you up-to-date with top stories

Books

Addicted by Tony Adams (1998)

The Hand of God: the Life of Diego Maradona by Jimmy Burns (1996)

My Father and Other Working-Class Football Heroes by Gary Imlach (2005)

The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance

The Champion's Mind

Rise of Superman: Decoding the science of ultimate human performance by Steven Kotler

Survival of the fittest: understanding peak physical performance by Mike Stroud

Textbooks

AQA A Level PE (Year 1 and 2) by Carl Atherton

My Revision notes: AQA A Level PE by Sue Young

YouTube

James Morris - A Level videos

The PE Tutor - A Level Videos

The Everlearner

Live sport!



PE education on TV

NETFLIX

Tick Box

- 1. **The English Game**
(Sport & Society)
- 2. **Friday Night Lights**
(American football movie)
- 3. **Icarus**
(Drugs & Performance)
- 4. **Stop at Nothing**
(Doping in sport)
- 5. **The Game Changers**
(Diet & Nutrition)
- 6. **Sunderland 'Till I Die**
(Elite world of Football)
- 7. **The Last Dance**
(Michael Jordan)
- 8. **Last Chance U**
(American football)
- 9. **Coach Carter**
(Sport Psychology)
- 10. **Formula 1 Drive to survive**
(elite world of F1)
- 11. **Fittest in Dubai**
(Health related fitness)
- 12. **The Blindside**
(American football)

prime video

- 1. **All or Nothing**
(Manchester city)
- 2. **All or nothing**
(New Zealand All Blacks)
- 3. **All or Nothing**
(NFL series)
- 4. **Don't Take me Home**
(Welsh football)
- 5. **4 Minute Mile**
- 6. **The Program**
(Lance Armstrong)
- 7. **Andy Murry - Resurfacing**
(Injury Rehabilitation)
- 8. **Dan Carter**
Perfect 10
- 9. **The Test**
(Australian cricket)
- 10. **Muscle & Medals**
- 11. **NFL Americas game**
(elite world of NFL)
- 12. **Tyson – The movie**
Boxing

YouTube

- 1. **Subscribe to Joe Wicks**
- 2. **Kobe Bryant**
Black Mamba doc
- 3. **Being Serena**
- 4. **"Is professionalism**
(killing sport" BBC Doc)
- 5. **The psychology of a**
(winner Doc)
- 6. **Trent Alexander Arnold.**
(Living the dream)
- 7. **Tyson Fury**
(Road to redemption)
- 8. **Crossing the Line**
(Australian Cricket)
- 9. **Jürgen Klopp**
(Journey to the Top)
- 10. **Strive for greatness**
(LeBron James)
- 11. **Hard Knocks**
(NFL behind the scenes)
- 12. **The Jamie Vardy Factor**

REVIEW GRID

Name of podcast/article:

REWORD IT: Use this space to look up any words you don't know on an online dictionary/thesaurus

CRUNCH IT: Identify 6 keywords in this podcast/article/source. Say why you have picked these words.

1.

2.

3.

4.

5.

6.

SUMMARISE IT

Summarise 3 key learning points or arguments in this podcast/article/source:

REVIEW IT:

Would you recommend this resource to another student?

Why/why not?

What was your key takeaway from this article?

What questions do you still have?

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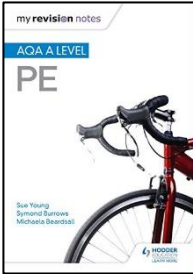
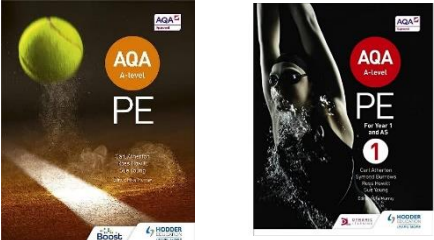
Would you recommend this resource to another student?

Why/why not?

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Resources for A-Level PE

Detail	Image & info	Essential?
A4 size lever-arch file	<ul style="list-style-type: none"> • Visibly named • Must be lever-arch 	Essential
Dividers	<ul style="list-style-type: none"> • Minimum 5 	Essential
Lined paper	<ul style="list-style-type: none"> • Small amount stored at back of folder 	Essential
USB stick	<ul style="list-style-type: none"> • Doesn't need to be solely for PE – can be used for all schoolwork • Named clearly on outside 	Essential
Revision guide	<ul style="list-style-type: none"> • Can buy second hand 	Essential
Textbook	<ul style="list-style-type: none"> • Can buy second hand • Either year 1 alone OR year 1 & 2 combined 	Suggested

