



A Level PE

(1 x A Level equivalent)



Summer Transition Work

Name.....



Introduction Page

Welcome to your Wyke summer work. Everything in this booklet must be completed over the summer to hand back in at enrolment week, which is week commencing 30/08/22. This summer work is important to see where you are at as a new student and where you may need support. This booklet gives you an insight into component 1 and 2 theory content, which you will study at Wyke Sixth Form College in September. You should use your prior knowledge & any resources available to you to help you complete this booklet to the best of your ability.

Information on the course

An A Level in Physical Education develops knowledge, understanding and skills relevant to physical education. Through studying this qualification, you will gain understanding of the scientific and socio-cultural factors that underpin physical activity, and demonstrate your ability as either performer or coach. An overview of the course can be seen below

Content Overview	Assessment Overview
<p>H555/01 Physiological factors affecting performance</p> <p>This component will assess:</p> <ul style="list-style-type: none"> • 1.1 Applied anatomy and physiology • 1.2 Exercise physiology • 1.3 Biomechanics 	<p>Written paper: 2 hours 30% of total A Level 90 marks</p> <p>This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.</p>
<p>H555/02 Psychological factors affecting performance</p> <p>This component will assess:</p> <ul style="list-style-type: none"> • 2.1 Skill acquisition • 2.2 Sports psychology 	<p>Written paper: 1 hour 20% of total A Level 60 marks</p> <p>This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.</p>
<p>H555/03 Socio-cultural issues in physical activity and sport</p> <p>This component will assess:</p> <ul style="list-style-type: none"> • 3.1 Sport and society • 3.2 Contemporary issues in physical activity and sport 	<p>Written paper: 1 hour 20% of total A Level 60 marks</p> <p>This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.</p>
<p>H555/05 Practical Performances</p> <p>This component will assess either:</p> <ul style="list-style-type: none"> • core and advanced skills in performing one activity <p>or</p> <ul style="list-style-type: none"> • core and advanced skills in coaching one activity. 	<p>Non-exam assessment (NEA) 15% of total A Level 30 marks, weighted up to 45 marks</p> <p>This NEA will consist of one activity taken from the approved list. Learners can be assessed in the role of performer or coach.</p>
<p>H555/06 Evaluating and Analysing Performance for Improvement</p> <p>This component draws upon the knowledge, understanding and skills a learner has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity.</p>	<p>Non-exam assessment (NEA) 15% of total A Level 30 marks, weighted up to 45 marks</p> <p>This NEA will consist of observing a live or recorded performance by a peer and then providing an oral response analysing and critically evaluating the performance.</p>



Resources

<https://www.innerbody.com/>

<https://www.teachpe.com/>

<https://theeverlearner.com/>

OCR PE by Hodder

Sport and Exercise Science (BASES) Magazine

Recommended Viewing

Michael Jordan's: The Last Dance

Science of Ronaldo

Fittest on Earth

Blindside

Icarus

Invictus

Grid Iron Gang

Greatest Game on Earth

Moneyball

Remember the Titans

Task 1: The Skeleton

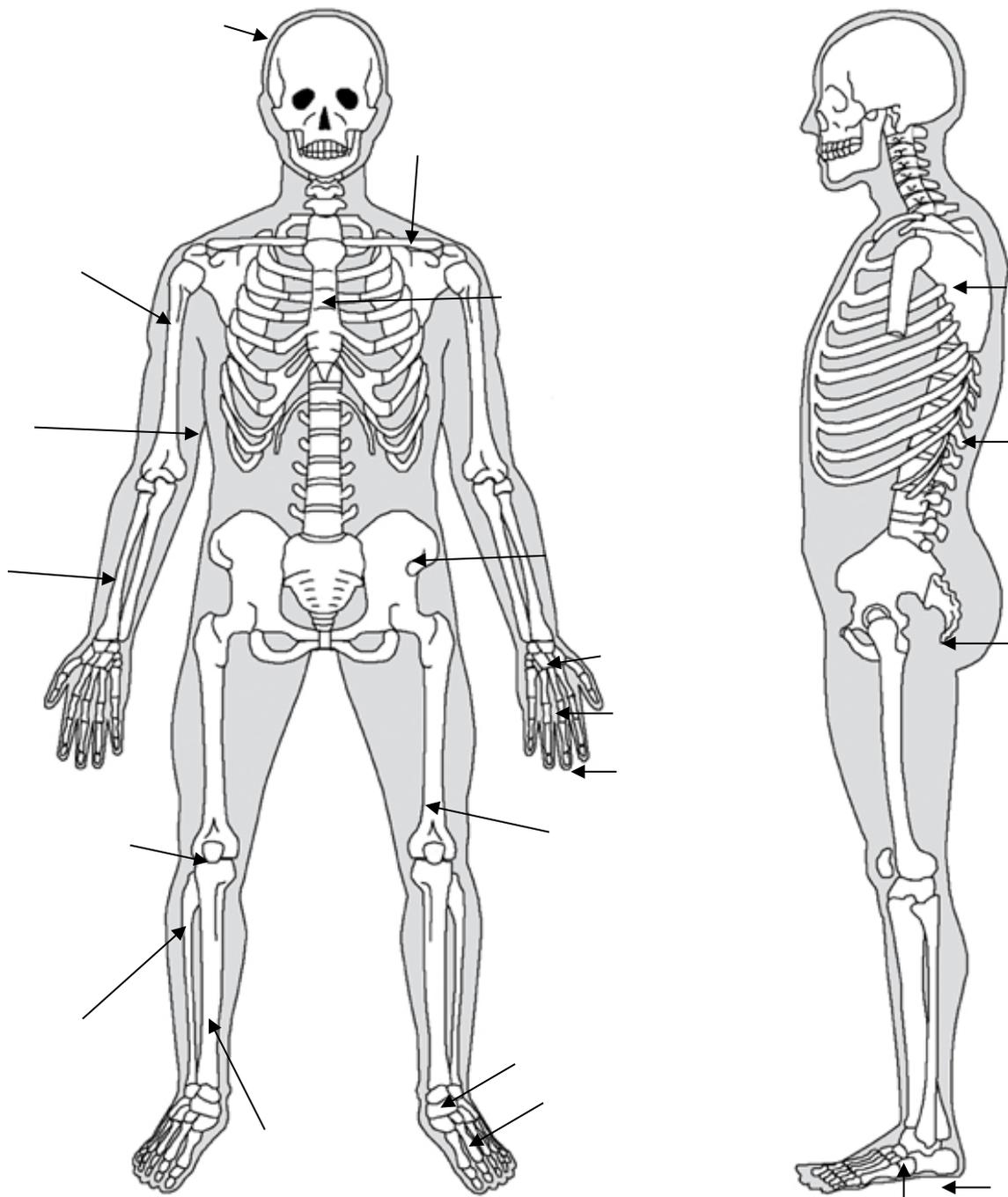
There are 206 bones in the human body. On the PE and Sport course, we need to know around 25 (including the different sections of the spine and vertebral column). Using the resources available, please identify the functions of the skeleton and label the bones.

Function 1:

Function 2:

Function 3:

Function 4:





What bones make up the Axial and Appendicular Skeleton? *(Complete the table below).*

Axial Skeleton	Appendicular Skeleton

Task 2: Joints of the Body

A joint is a place where two or more bones meet (articulate). These are three types of joints found in the body. Fibrous (immovable), cartilaginous (slightly moveable) and synovial (freely moveable).

Your research task is to complete the following tables giving examples of the different types of joints. You must then specifically look and research 'synovial joints'. These are the types of joints we will focus on during the PE and Sports Courses.

Type of joint	Mobility	Stability	Example
Fibrous/ immovable			
Cartilaginous/ semi-moveable			
Cartilaginous/ Semi-moveable			

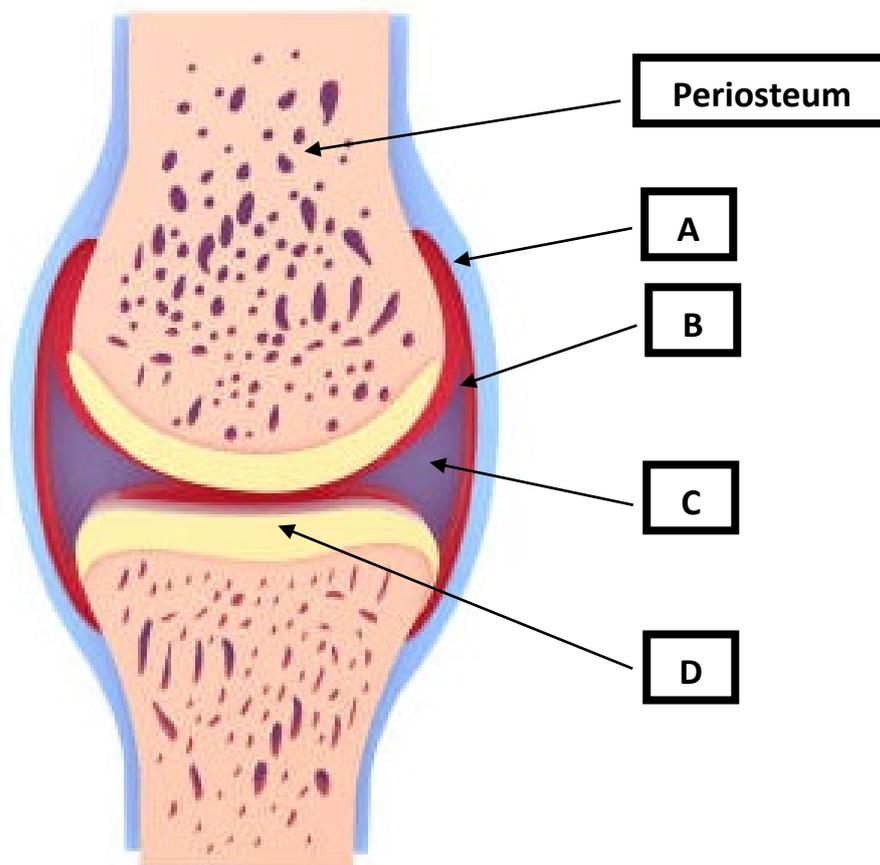


Complete the following table

Name	Function	Movement potential	Places in the body

Structure and function of Synovial Joints

A synovial joint can be identified by the types of structures around it. Please label the 5 structures that every synovial joint has. You may need to reference where you found this information.



- A.
- B.
- C.
- D.



Well done on labelling the synovial joint. The next part of the research task is to describe the roles of these structures (each one has a very specific job!). Remember to reference where you found this information!

Functions and job roles for each of the synovial joint structures:

Ligaments:

Articular cartilage:

Joint capsule:

Joint cavity:

Synovial fluid:

Tendon:



Component 2

Skills can be classified using a variety of continua. Categories include:

- environmental influence (open/closed)
- pacing (self-paced/externally paced)
- muscular involvement (gross/fine)
- continuity (discrete/serial/continuous)
- difficulty (simple/complex)
- organisation (low/high).

Your task is to research and identify key **characteristics** of the specified continua and state some practical examples:

Environmental influences

This continuum is concerned with the effects of the on skills

Environmental factors include:

Closed

Open

Practical examples

(Don't just identify, give 2 reasons why they are an open / closed skill)

1.



Pacing

This skill classification focuses on the that the performer has over the timing of the motor skill

Self-paced

Externally-paced

Practical examples

1.
.....
.....
.....

Muscular movement

This classification looks at the of the movement

Fine

Gross

Practical examples

1.
.....
.....
.....