



# Year 12 Transition Booklet

## AQA A-Level Physical Education

Specification: <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

Any problems/issues then email [dclose@rmgs.org.uk](mailto:dclose@rmgs.org.uk)

### 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 <b>Written Paper</b></p>	35%	<ul style="list-style-type: none"> <li>• 2 hour written paper</li> <li>• 105 marks</li> <li>• Combination of multiple choice, short answer and extended writing questions</li> <li>• Including use of data</li> </ul>
<p><u>Paper 2:</u> Section A: Exercise Physiology and Biomechanics Section B: Sport Psychology Section C: Sport and Society and Technology in Sport <b>Written Paper</b></p>	35%	<ul style="list-style-type: none"> <li>• 2 hour written paper</li> <li>• 105 marks</li> <li>• Combination of multiple choice, short answer and extended writing questions</li> <li>• Including use of data</li> </ul>
<p><u>NEA / Coursework:</u> Practical performance in physical activity and sport – 15% Written analysis and evaluation of performance – 15%</p>	30%	<ul style="list-style-type: none"> <li>• 90 marks</li> <li>• One activity (45 marks) plus written analysis and evaluation (45 marks)</li> <li>• Internal assessment, external moderation</li> </ul>

Year 1	Year 2
Applied <b>Anatomy</b> & Physiology	Exercise Physiology & <b>Biomechanics</b>
<b>Skill</b> Acquisition	Sport <b>Psychology</b>
Sport and <b>Society</b>	Sport and Society & The role in <b>Technology</b> in sport

## USEFUL YOUTUBE CLIPS

Venous Return <https://www.youtube.com/watch?v=J80hhCkLuaA>

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

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

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

Newton's Laws <https://www.youtube.com/watch?v=MAM6LOUnJ80>

Aggression in Sport <https://www.youtube.com/watch?v=DirTha8cbAI>

Revision <https://www.youtube.com/watch?v=Hf9CUHsrKcQ>

### Channels

My PE Exam – <https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ>

The PE Tutor - [https://www.youtube.com/channel/UCUVsiR-1u\\_oSZ32CHQmD4Ug](https://www.youtube.com/channel/UCUVsiR-1u_oSZ32CHQmD4Ug)

James Morris – <https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBIklu3Xw>

## Accepted activities:

Amateur boxing	Association Football	Athletics	Badminton
Basketball	Camogie	Canoeing	Cricket
Cycling	Dance	Diving	Equestrian
Gaelic Football	Golf	Gymnastics	Handball
Hockey	Hurling	Kayaking	Lacrosse
Netball	Rock Climbing	Rowing	Rugby Union
Rugby League	Sculling	Skiing	Snowboarding
Squash	Swimming	Table Tennis	Tennis
Trampolining	Volleyball		

## Specialist Activities:

Blind Cricket	Boccia	Goal Ball	Power Chair Football
Polybat	Table Cricket	Wheelchair Basketball	Wheelchair Rugby

## **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=d1wS\\_OIJzml](https://www.youtube.com/watch?v=d1wS_OIJzml)

Lever Type	1 <sup>st</sup> Class	2 <sup>nd</sup> Class	3 <sup>rd</sup> 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?			

## **TASK 2**

### **Theories of Learning**

Research the following four theories of learning. Write notes 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.

- Operant conditioning
- Observational learning
- Social development theory
- Insight learning

### **TASK 3**

#### **A Question of Sport**

For your main sport (must be on A level specification). Research & write down

- When & how was your sport invented?
- Name of the National Governing Body (NGB)
- Examples of countries in the world that are good at the sport
- Examples of famous places what the sport is played (ie. stadiums)
- Where do the national team train? – is this the same for the men & women?
- Who is one of the top male & female stars of your sport?
- How much does one of the top athletes in your sport get paid?
- Examples of sponsorship deal within that sport
- Examples of infamous incidents (ie. Drugs cheats, crowd trouble, match fixing etc)
- Examples of technology that can be used (ie. Hawkeye, VAR, aerodynamic helmets)

### **TASK 4**

#### **Movement analysis**

Find a picture of a sportsperson performing any skill in your chosen sport

- Label all of the bones & muscles used in this sporting action
- Write a basic movement analysis (eg. flexion at the knee)
- What are the muscular contractions occurring in the movement?

### **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**

#### **Olympics**

Who founded the modern Olympic Games?

Where & when was the first modern Olympic Games?

Research the Wenlock Games

### **TASK 7**

#### **Question time**

Answer any two questions. Fully research your answer before putting pen to paper. Maximum one side of A4 per question.

- How much influence does the mind have over the body?
- If drugs were legal for all what would the sporting world look like?
- Why do we 'hit the wall' during exercise?
- Why train SMARTER?
- Vince Lombardi famously said, "Winning is the only thing that matters in sport", discuss.
- Discuss how many hours a week should children do in school?