



Year 12 Transition Booklet

AQA A-Level Physical Education

Familiarise yourself with the PE course.

We recommend completing one task a week + then complete the exam style questions.

Any problems/issues then email dclose@rmgs.org.uk



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Course Breakdown



Recommended Reading



TASKS and ACTIVITIES



Exam Question Practice



Cornell Notes Example



NEA Guidance



Summer NEA Preparation



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

Year 1

Applied **Anatomy** & Physiology

Skill Acquisition

Sport and **Society**

Year 2

Exercise Physiology & **Biomechanics**

Sport **Psychology**

Sport and Society & The role in **Technology** in physical activity and sport



Recommended Reading

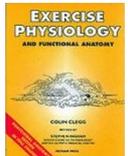
BOOKS



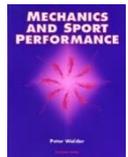
Atherton, C. Burrows, S. Howitt, R. Young, S. 2017 *AQA A-Level PE for Year 1 and AS*. Hodder Education



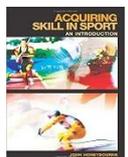
Atherton, C. Burrows, S. Howitt, R. Young, S. 2017 *AQA A-Level PE for Year 2 and AS*. Hodder Education



Clegg, C. 1995. *Exercise Physiology and Functional Anatomy*. Feltham Press



Walder, P. 1998. *Mechanics and Sport Performance*. Feltham Press



Honeybourne, J. 2006. *Acquiring Skill in Sport: An Introduction*. Routledge



Bean, A. 2017. *The Complete Guide to Sports Nutrition*. Bloomsbury Publishing.

SCHOLARLY ARTICLES

Polley, M. 2008. 'The amateur rules': Amateurism and professionalism in post-war British athletics. *Contemporary British History*, pages 81-114.

Quennerstedt, M. Ohman, M & Armour, K. 2014. Sport and exercise pedagogy and questions about learning. *Sport, Education and Society*, pages 885-898.

Alexandris, K. Tsorbatzoudis, C. & Grouios, G. 2017. Perceived Constraints on Recreational Sport Participation: Investigating their Relationship with Intrinsic Motivation, Extrinsic Motivation and Amotivation, *Journal of Leisure Research*, pages 233-252.

Zaichkowsky, L. 2004. Arousal in Sport. *Applied Psychology*.

Weinberg, R. S. (2002) Goal setting in sport and exercise: Research to practice. *Exploring sport and exercise psychology*, pages 25-48.

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=DlrTha8cbAI>

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

James Morris – <https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBklU3Xw>

Although the link below is for the OCR (not AQA) exam board this is still very useful & covers similar content

<https://www.studyalevelpe.co.uk/home>



TASKS and ACTIVITIES

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

Lever Type	1 st Class	2 nd Class	3 rd 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?			
What is the mechanical disadvantage of the lever system?			

TASK 2

Theories of Learning

Research the following four theories of learning. Create a power point presentation 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

Increasing Participation in Sport

Create a promotional video/advert for one of the national partners aiming to increase participation in sport. In the video/advert include the following:

- Aims of the partner
- Benefits to increasing participation
- Outline strategies already in place.

TASK 4

Training Programmes

Design 3 different training programmes for the following sports performers:

- Marathon Runner
- Long Jumper
- Shot Putt Thrower

Justify your choices of the key training methods you have applied within the program.

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

Sport Psychology

Complete the Personality Test. Save your scores if possible.

<https://www.quietrev.com/the-introvert/test>

Explain the role personality plays on sporting performance.

TASK 7

Technology in Sport

Watch a sporting match of your choice. Create a Notational Analysis table including the key skills demonstrated within a game. Tally the number of times each skill is completed within a game by one of the individual performers.



Exam Question Practice

1. Explain how blood is redistributed to the working muscles. *(3 marks)*
2. Explain how oxygen diffuses from the lungs into the blood and how it is transported to the tissues. *(4 marks)*
3. Describe the characteristics of the main muscle fibre type used by sprinters *(4 marks)*
4. Name the type of muscle contraction that occurs when kicking a football in a penalty shootout and identify the agonist and antagonist. *(3 marks)*
5. State a skill in gymnastics you think is closed, a skill that you think is serial and a skill that you think is gross. Give reasons for your choices. *(3 marks)*
6. Name the three stages of learning that a sports performer experiences whilst developing their skills and describe the characteristics of the level of performance associated with each stage. *(4 marks)*
7. Discuss the effects of industrialisation on sporting opportunities for working class. *(4 marks)*
8. Give reasons why female participants have improved opportunities to take part in sport in the early twenty-first century compared to the late twentieth century. *(4 marks)*
9. Basketball players need good cardiovascular endurance. State two classes of food that are most suitable for players who require cardiovascular endurance and explain why they are needed in their diet. *(3 marks)*
10. What are the psychological benefits of performing a warm up? *(3 marks)*
11. Using Newton's first law of motion, explain how a rugby kicker performs a conversion after a try in a game of rugby. *(3 marks)*
12. Name and explain one theoretical principle that a coach could use to change a negative attitude to a positive one. *(3 marks)*
13. Explain the different types of anxiety and use examples of how these can have a negative impact on performance. *(4 marks)*
14. Describe the process of effective goal setting in preparation to motivate a team during both training and performance. *(4 marks)*
15. Define and give examples of qualitative data research in relation to assessing an individual's performance within a game situation. *(2 marks)*