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

Course Breakdown

70% Theory (EXAM) • 30% Coursework (NEA)

Paper 1: Section A: Applied Anatomy and Physiology Section B: Skill Acquisition Section C: Sport and Society **Written Paper**	35%	• 2 hour written paper • 105 marks • Combination of multiple choice, short answer and extended writing questions • Including use of data
Paper 2: Section A: Exercise Physiology and Biomechanics Section B: Sport Psychology Section C: Sport and Society and Technology in Sport **Written Paper**	35%	• 2 hour written paper • 105 marks • Combination of multiple choice, short answer and extended writing questions • Including use of data
NEA / Coursework: Practical performance in physical activity and sport – 15% Written analysis and evaluation of performance – 15%	30%	• 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

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=pBAPapMCRIo

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/UCChU8cYZY5xpQ7pBIklu3Xw

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

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_OlJzmI

Lever Type	1st Class	2nd Class	3rd 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

National Governing Body

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)
- How much funding does your sport get?
- Where do the national team train? – is this the same for the men & women?
- Who is one of the top male & female star of your sport?
- How much does one of the top athletes in your sport get paid?

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

Technology in Sport

What technology is used in your sport & how has it improved (or not) the sport. Think carefully the technology in terms of the performer, the officials & the spectators

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)