



St Mary Redcliffe and Temple School Sixth Form

Year 11 Into Year 12 Transition Task

Subject: Physical Education AQA

SMRT Sixth Form takes students from a wide range of schools who have studied a variety of GCSE syllabuses. We want to ensure that everybody is equally able to access the content of the A Level and so the following tasks give you a chance to ensure you are fully prepared.

AQA A-level Physical Education is an exciting and challenging course that combines scientific knowledge with practical performance to develop a deeper understanding of sport and physical activity. Throughout the two-year course, students study a wide range of topics including applied anatomy and physiology, skill acquisition, sport psychology, biomechanics, exercise physiology, and the impact of sport on society and technology.

The qualification is assessed through two written examinations, each worth 35% of the final grade, alongside a Non-Exam Assessment (30%) consisting of practical performance in one chosen sport or activity and a written analysis and evaluation of performance.

A-level PE is ideal for students who enjoy both the practical and academic aspects of sport and provides an excellent foundation for university courses and careers in sport, teaching, physiotherapy, coaching, sports science, the armed forces and many other related fields.

* It is a core course requirement that you are taking part in competitive sport throughout the duration of the course*

** You will be required to film your practical performance in your chosen sport, detailed guidance on this will be provided at the start of Year 12 **

To ensure you are ready to fully access the A Level Syllabus you should attempt these tasks:

Films/ Documentaries (Could do)

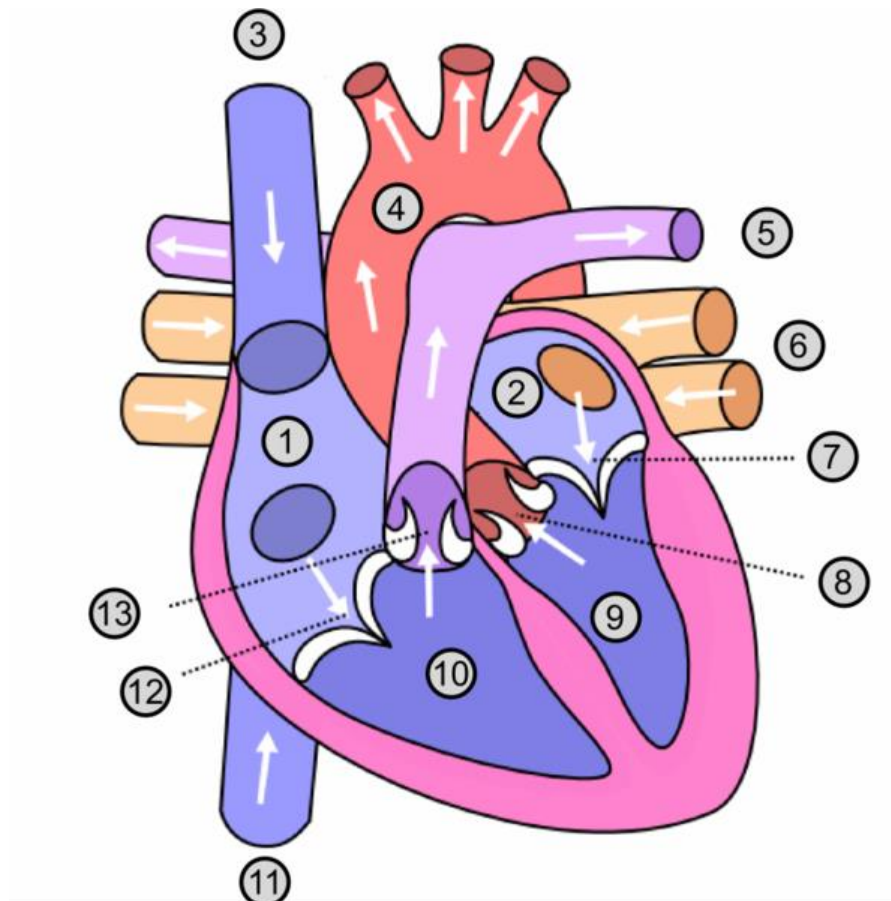
- Icarus (Netflix)
- The English game (Netflix)
- Chariots of fire (Netflix)
- Everybody's game (Amazon prime)
- Stop at nothing the lance Armstrong story (Netflix)

Preparing for Y12 (Must do)

This 'must-do' section should take you around 3-4 hours. Please chunk your time – do not try and do it all at once!

Task 1- The Cardiovascular System

Label the diagram of the heart



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.

Task 2- The Respiratory System

Write down the definition of the key terms:

Tidal Volume	
Inspiratory Reserve Volume	
Expiratory Reserve Volume	
Residual Volume	
Minute Ventilation	
Diffusion	
Partial Pressure	

Task 3- The Neuromuscular System

Use the given websites and make notes on the characteristics of slow and fast twitch muscle fibres

<https://blog.nasm.org/fitness/fast-twitch-vs-slow-twitch>

<https://www.verywellfit.com/fast-and-slow-twitch-muscle-fibers-3120094>

Slow twitch (type I)	Fast twitch (type IIa)	Fast twitch (type IIb or IIx)

Task 4- The Musculoskeletal System & Movement Analysis

Give a **specific** sporting example for each movement

Elbow flexion	
Elbow extension	
Ankle plantar-flexion	
Ankle dorsi-flexion	
Knee flexion	
Knee extension	
Hip flexion	

Hip extension	
Shoulder adduction	
Shoulder abduction	
Shoulder horizontal adduction	
Shoulder horizontal abduction	

Task 5- Skill Characteristics

Which of the following sports have the skills types in the table. Can you justify your answer?

Classification of skill	Swimming	Triple Jump	Football Pass	Golf putt
Open				
Closed				
Gross				
Fine				
Self-paced				
Externally-paced				
Discrete				
Serial				
Continuous				
High				
Low				

Task 6- Principles & Theories of Learning & Performance

Theories of Learning

Research the following four theories of learning. What are the key features of how these theories allow you to learn new skills? Can you relate them to learning new sporting actions?

- Operant conditioning

- Observational learning

- Social development theory

- Insight learning

Task 7- Methods and types of practice:

Research and define the terms:

1. Whole practice
2. Progressive part practice
3. Whole-part-whole practice
4. Massed Practice
5. Distributed practice
6. Variable practice
7. Mental practice

Task 8- Emergence of Globalisation of Sport in the 21st Century

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

Now research the following sports:

1. Mob football
2. Real tennis
3. Wenlock Olympic games

How do these sports reflect the society at the time?

Task 9- Post World War 2 sport

Research the golden triangle and answer the following questions:

1. Which 3 bodies are involved?
2. What do they each give to others?
3. What do they each get in return?

Task 10- Diet & Nutrition

Read: [Sports nutrition for beginners | BBC Good Food](#) and write down 5 key pieces of information you've learned about Sports nutrition

- 1.
- 2.
- 3.
- 4.
- 5.

Task 11- Preparation & Training

Research the training programme of a sport performer of your choice and briefly describe it under the headings below.

Sports performer=

Macro-cycle: A 'big' period which involves a long term performance goal, can be 1-4 years.

Meso-cycle: usually a 4-12 week period of training with a particular focus.

Micro-cycle: One week or a few days of training.

Task 12- Biomechanical principles and Levers

Levers in Sport

Using your knowledge from GCSE, the YouTube clip and the BBC Bitesize information, complete the table to demonstrate knowledge and understanding of levers within sport.

https://www.youtube.com/watch?v=d1wS_Oljzml
<https://www.bbc.co.uk/bitesize/guides/zxkr82p/revision/1>

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 13- Anxiety

Take the Sport Competition Anxiety Test (SCAT) questionnaire to find out your levels of anxiety. <https://www.brianmac.co.uk/scat.htm>

How could this affect your performance?

Task 14- Group Dynamics

Research the four stages of Tuckman's model for group formation.

Can you relate each stage to a group or sports team you have been a part of?

Task 15- The Role of Technology

Technology in Sport



Find out what the device in the picture above is. What are the positive and negatives of using this sort of device?

Exam Question Practice (Could do)

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)