



Altwood
Church of England School

Year 12 Transition Booklet and Summer task A-Level Physical Education

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Introduction

Welcome to Key Stage 5 Physical Education at Altwood School

We hope you have chosen to study Physical Education as you have an enthusiasm, enjoyment and passion for the subject. This booklet has been designed to give you a better understanding of what to expect as you continue your learning journey in Physical Education.

The purpose of completing the tasks in this booklet are:

- It will give you an insight into some of the areas of study that will be covered in KS 5 PE.
- It will allow you to develop your independent study skills.
- You will have secured knowledge that will help enable the transition from KS4 to KS5.

Experience tells us that the students who achieve their potential and who gain the highest marks are those who take the greatest responsibility for their own progress. Independent study skills have become increasingly important and you will not achieve your potential if you do not put in the work outside of lessons to supplement what you have been learning in class. The quality of your transition tasks will be a good indicator of your progress in KS 5 study.

Recommended summer Research

YouTube

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

The PE Tutor - https://www.youtube.com/channel/UCUVsiR-1u_oSZ32CHQmD4Ug

The EverLearner- <https://www.youtube.com/channel/UCyal4Ice4za7FTPXL11bEUQ>

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

Films/ Documentaries

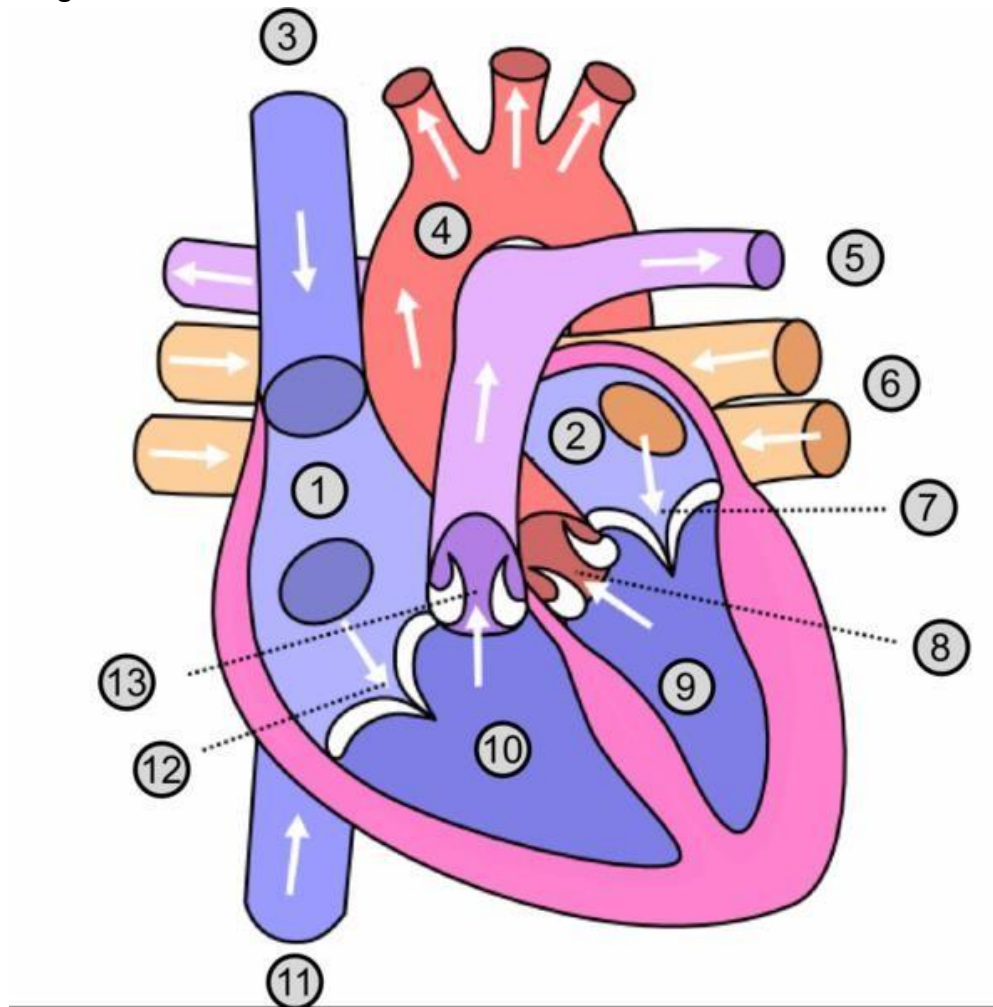
- Icarus (Netflix) • The English game (Netflix) • Chariots of fire (Netflix)
- Everybody's game (Amazon prime)
- Stop at nothing the lance Armstrong story (Netflix)

Preparing for Y12

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

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.

(3marks)
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.

(3 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.

(3 marks)
14. Describe the process of effective goal setting in preparation to motivate a team during both training and performance.

(3 marks)
15. Define and give examples of qualitative data research in relation to assessing an individual's performance within a game situation.

(2 marks)