

Physical Education (AQA) A Level Preparation Work

Welcome to A Level PE! The tasks below are designed to support and prepare you to start the course.

Please aim to complete all activities in preparation for September.

Activity 1: Please put together a 3-5 minute presentation including the following topics to a sport/sportsperson of your choice. The majority of these topics were covered at GCSE, but you will need to research some of them.

Diet
Energy systems used (including the predominant energy system)
Analysis of movement for an action involved in the sport (muscles, bones used, planes and axis)
Transportation of Oxygen around the body and removal of Carbon dioxide
Use of proprioceptors, chemoreceptors and baroreceptors.

You will present in the first week back. You will be marked on information included as well as the application of this information to the sport of your choice.

Activity 2: You need to research the following sports, providing the information below for each one. The sports include: Camogie, Hurling, Handball, Sculling and Rowing.

Information required:
Overview of the sport – what is the main aim and how?
How long does the sport last for?
How many participants are there? Are replacements allowed?
How is performance measured? Goals, time etc.
What size area and type of surface does the sport take place on?

Activity 3: Transfer of Learning.

You need to research the areas below related to “Transfer of Learning”.

Positive transfer
Negative transfer
Bilateral transfer
Zero transfer

When completing your research, you must include the following information:
Provide an explanation for each of the different processes.
Provide a sporting example for each type of transfer using a sport of your choice.
Suggest how a coach/teacher could use transfer of learning to develop their performers skill and ability levels.