

Subject: A Level Physical Education

Qualification/Level: A Level

Examination Board: AQA



The Task

- 1) Considering 2 actions in your chosen sport, (e.g. shooting in Football), can you analyse the anatomical actions that take place? (Movement, muscles/bones used, planes/axis, levers, muscle contractions etc)
- 2) Students are to research the different types of skill classification listed below: Simple skills – Complex skills Low organisation skills – High organisation skills Open skills – Closed skills Gross skills – Fine skills Self-paced skills – Externally paced skills Discrete skills – Serial skills – Continuous skills
- 3) Research the Wenlock Games and how it influenced Sporting competitions today.
- 4) If possible, gather footage of a you competing in your sport in a full sided game/full competition (if not then let us know when you will be able to do this at some point in Year 12)

How the work produced will fit into subsequent work and the specification as a whole

This will be needed for Section A, B and C– Anatomy and Physiology, Skill Acquisition and Sociology of Sport of their A Level.

How the work should be presented

The work can be completed by hand or it can be typed up in a format of own choice.

How the work will be assessed and marked

The work will be collected in by Mr Williams and Mr Daley at the end of the first lesson to assess their commitment towards the course. Students who fail to complete or hand this in will have their dedication towards the subject questioned immediately and they will be closely monitored during term 1 in the tests / work completed

Success criteria:

For the sporting example how much wider physiological knowledge can the student bring in?

For each type of skill listed in the 'task' section above, they need to research the key characteristics and provide at least one sporting example.

Consider the impact the Wenlock games had on modern sporting competitions

Resources to be used:

Internet - <http://www.brianmac.co.uk/continuum.htm>

EverLearner: [Home :: The EverLearner](#)

My Revision Notes: AQA A-level PE eBook : Young, Sue, Burrows, Symond, Byrne, Michaela:
Amazon.co.uk: Kindle Store

Who to contact if you should require further assistance with the work before you start the course

Mr Williams bwilliams@newsteadwood.co.uk

What equipment will be needed for the subject in September?

A4 folders X 3 (one for each section), plastic wallets, lined paper, pens, pencils and highlighters