



## A-Level PE

### Meet the Team:

#### *Mrs S Hillam*

- Head of Department and lead teacher for the Anatomy and Physiology section of the course

#### *Miss B Denton*

- Head of Year 12 and lead teacher for the Sport and Society section of the course

#### *Mr C Davis*

- School SENCO and lead teacher for the Skill Acquisition section of the course

### Things to do before you start the course:

Read the AQA A-Level Specification (see link below) to understand the course requirements and how you are assessed.

Subscribe to James Morris A-Level PE on YouTube  
@jamesmorris857



#### James Morris

@jamesmorris857 · 14.6K subscribers · 184 videos

Online lessons for A-level PE students based on aspects of Anatomy and Physiology, Sp...more

Subscribe

Home Videos Playlists

**Exam Board and Specification: AQA A-Level Physical Education**

#### Link to Specification:

<https://cdn.sanity.io/files/p28bar15/green/3ce755833757d8a9a172d6050e7c8cf54e6a6467.pdf>



# Bridging *work*

## *Yr12 Curriculum Content*

### **ANATOMY & PHYSIOLOGY**

1. Cardiovascular system
2. Respiratory system
3. Neuromuscular system
4. Musculoskeletal system and movement analysis

### **SKILL ACQUISITION**

1. Skill continuums and skill transfer
2. Practice
3. Theories of learning
4. Guidance and feedback
5. Memory models

### **SPORT & SOCIETY**

1. Pre-industrial > post-industrial > post WWII
2. Impact of sport on society > impact of society on sport

## *Task 1:*

Write down **2** areas you think will be your **strengths** and **2** areas you think are your **weaknesses**

*Strengths*

- 
- 

*Weaknesses*

- 
- 

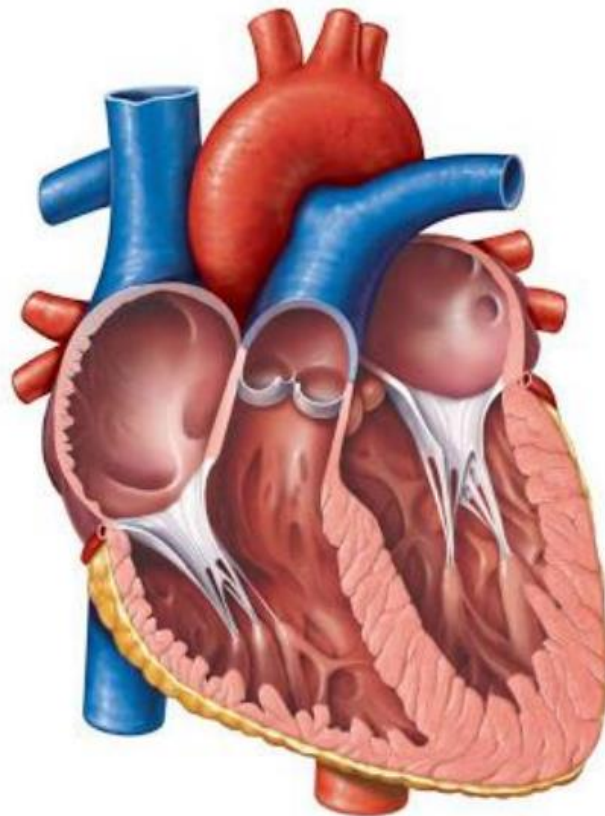
To complete the work on the next few pages, either print a copy and handwrite it on, or include text boxes over the image files

Each section of the course below has 2 associated tasks. Complete the tasks prior to your first lesson in September.

## Section 1: Anatomy & Physiology

### Task 1

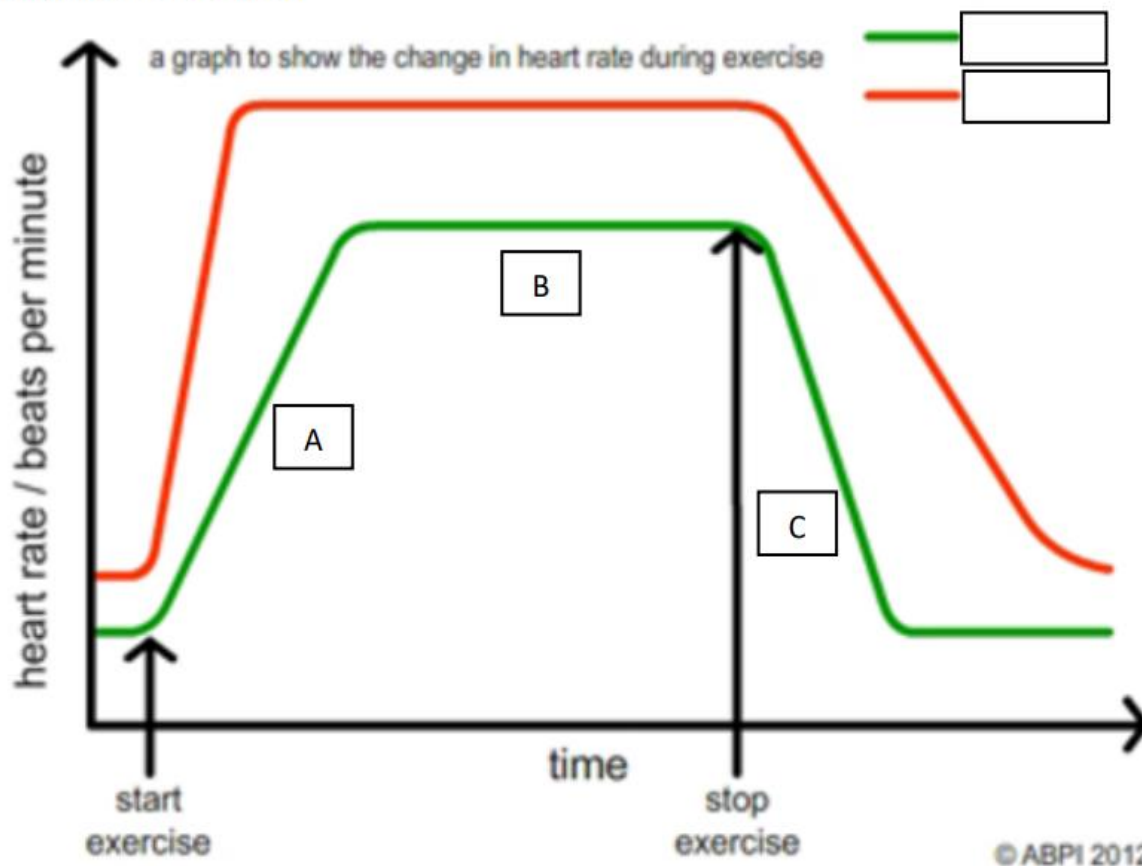
Label the heart, then answer the following questions:



1. Which chambers are larger? Explain why.
2. Which muscular wall is larger? Explain why.
3. What is the function of valves in the heart?

## Task 2

The graph below demonstrates the changes to heart rate during exercise. One is a fit person, one is an unfit person. Complete the tasks below.



- Using the key on the top right of the graph, state which line represents a fit person and which line represents an unfit person.
- Before they start exercising, each person experiences a small 'anticipatory rise'. Suggest what this could mean
- Complete the table below to explain changes in heart rate as shown on the graph:

Point	Explanation
A	
B	<i>Steady heart rate because ...</i>
C	<i>HR declines quickly in a healthy person because...</i>

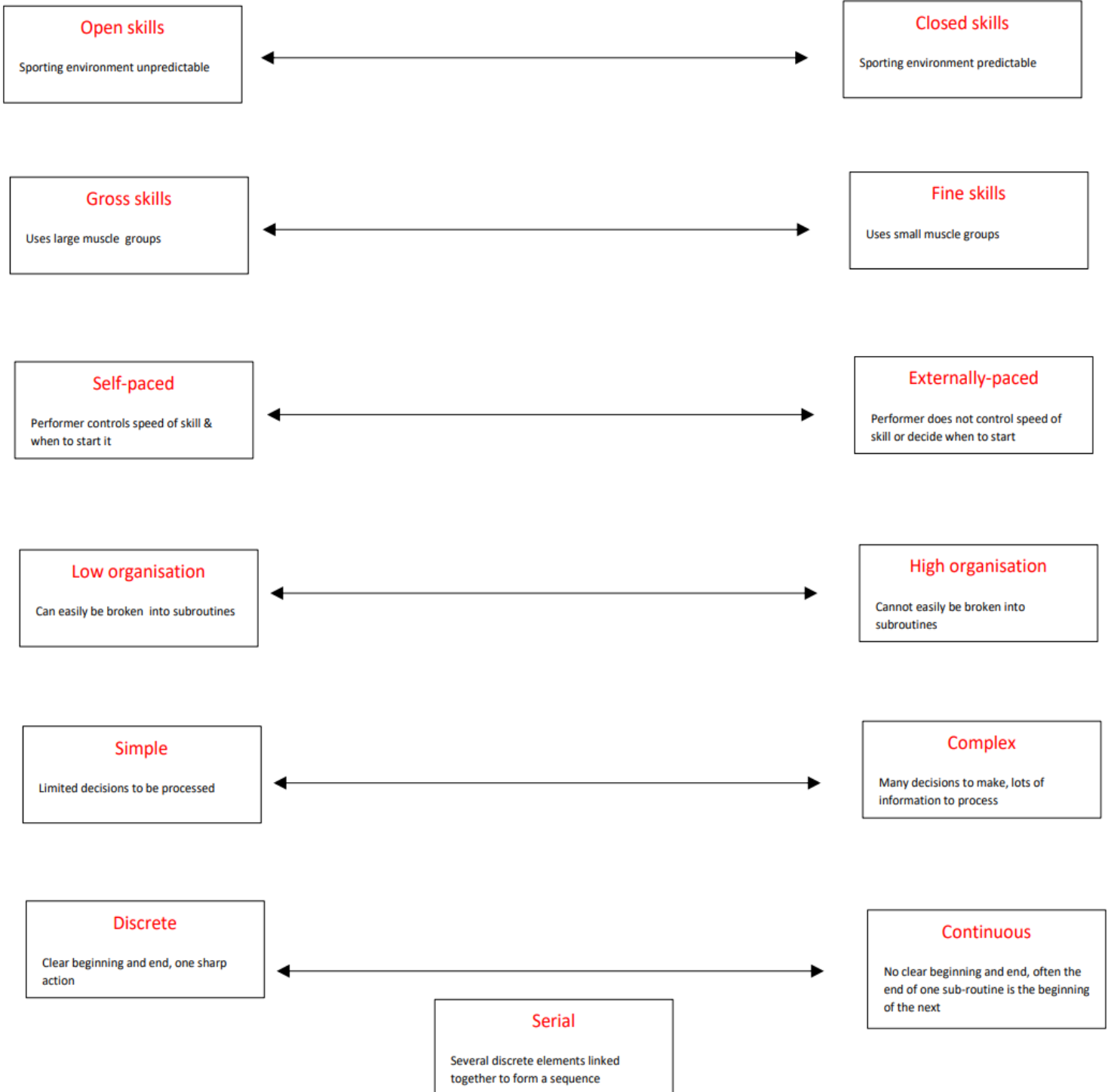
- Suggest why a non-fit person's HR drops slower than that of a healthy person.

## Section 2: Skill Acquisition



### Task 1

Using the information from each of the skill classifications below, place a **free throw in basketball** on the following continua using an X. Under each continuum, write your reason for placing it there.



### Task 2

Identify a skill that could positively transfer into a basketball free-throw. Explain your answer.

## Section 3: Sport & Society



*Pre-industrial  
Britain*

*Post-industrial  
Britain*

*Post-WW11 until  
today*

### Task 1

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

Create a mind map on life in pre-industrial Britain:

- When did the pre-industrial period begin in England?
- Where did most people live?
- What was the main occupation of people in pre-industrial Britain?
- What were the two class systems that were around at the time?
- Why didn't people travel as much?
- Why couldn't people read and write?
- Why didn't people live as long as people do today?

### Task 2

The following sports have a history dating back to games in pre-industrial Britain.



Association football

*Mob football*



Tennis

*Real tennis*

Using the pre-industrial name in **red**, research and take notes on the history of one of the above sports in the following box.

Chosen sport:

How did the sport develop through these time periods:

Pre-industrial

Post-industrial

Post WW1

21<sup>st</sup> Century

List some of the social and cultural factors that have had an effect on the development of the sport

Any key events that have originated from the sport (in Britain)

Key famous examples from within the sport

# Recommended Research List

## Podcasts

The A-level PE podcast – spotify

The Pinnacle Performance podcast

The Sport Psych Show

Sport in History podcast

## Articles

PE review magazine <https://www.hoddereducation.co.uk/sport-pe>

@sportBeechen on Twitter – directs you to current reading

Sky Sports News app – keeps you up-to-date with top stories

## Books

Addicted by Tony Adams (1998)

The Hand of God: the Life of Diego Maradona by Jimmy Burns (1996)

My Father and Other Working-Class Football Heroes by Gary Imlach (2005)

The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance

The Champion's Mind

Rise of Superman: Decoding the science of ultimate human performance by Steven Kotler

Survival of the fittest: understanding peak physical performance by Mike Stroud

## Textbooks

AQA A Level PE (Year 1 and 2) by Carl Atherton

My Revision notes: AQA A Level PE by Sue Young

## YouTube

James Morris - A Level videos

The PE Tutor - A Level Videos

The Everlearner

Live sport!



## *PE Education on TV*

### **NETFLIX**

The English Game  
(Sport & Society)

Stop at Nothing  
(Drugs & Doping)

The Game Changers  
(Diet & Nutrition)

Coach Carter  
(Sport Psychology)

Fitness in Dubai  
(Health & Fitness)



All or Nothing  
(Manchester city and All Blacks documentaries)

The program – Lance Armstrong  
(Drugs in sport)

Andy Murray – Resurfacing  
(Injury Rehabilitation)

### **You Tube**

Is Professionalism killing sport  
(Sport & Society)

The Psychology of Winning  
(audiobook)  
(Sport Psychology)

Breaking4  
(Fitness)

# Review Grid

You can write directly into this table

Name of podcast/video/article:

**REWORD IT:** Use this space to look up any words you don't know on an online dictionary/thesaurus:

**CRUNCH IT:** Identify 6 keywords in this podcast/article/source. Say WHY you have picked these word

1.

2.

3.

4.

5.

6.

**SUMMARISE 3 KEY POINTS/LEARNINGS FROM THE SOURCE:**

**REVIEW IT:**  
**Would you recommend this resource to another person?**

Why/Why not?

Key takeaway from the source?

What questions do you still have?

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CROSSLEY  
THE HEATH  
SIXTH  
FORM



# Suggested books to have

**\*\*ESSENTIAL\*\*** - £19.31 (AMAZON)

**MY REVISION NOTES**  
AQA A-level  
PE

**AQA**  
A-level  
**PE**  
SECOND EDITION

- ✦ Plan and organise your revision
- ✦ Reinforce skills and understanding
- ✦ Practise exam-style questions

Sue Young  
Symond Burrows  
Michaela Byrne

**\*\* SUGGESTED\*\*** - £44.16 (Amazon)

**AQA**  
Approved

**AQA**  
A-level  
**PE**

Carl Atherton  
Ross Howitt  
Sue Young  
Editor: Mike Murray

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