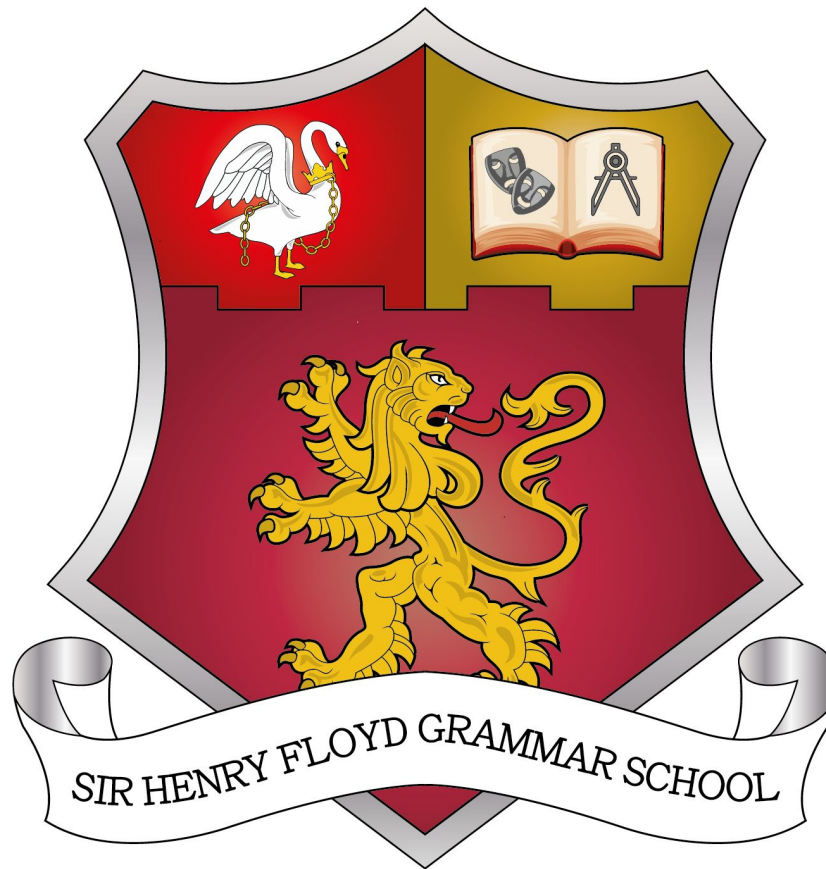


A Level PE at SHFGS



SHFGS – A Level PE Transition Work



OBSTACLES **DON'T** HAVE TO **STOP YOU**.
IF YOU RUN INTO A WALL,
DON'T TURN AROUND AND **GIVE UP**.
FIGURE OUT HOW TO CLIMB IT,
GO THROUGH IT, OR WORK AROUND IT.

- MICHAEL JORDAN
FEARLESSMOTIVATION.COM

You are about to continue your exciting journey into the world of Physical Education, good luck!

Remember

- Make a copy of these Google Slides and then fill/add in slides to show your work.
- Choose which activities you do and when, but work through them consistently. Different tasks will take you varying amounts of time, but on average you should aim to do one or two per week, getting compulsory tasks completed before the start of term and then continuing with tasks as part of your independent study time at the start of the term.
- All tasks shaded yellow are compulsory and must be completed and uploaded onto your Google Classroom when you are instructed to do so during your first lesson in September.
- The red hot chilli indicates that the task is more challenging than the others.
- Numbers in brackets correspond to the slide you should evidence the task on (below)
- The table in Slide 3 needs to be viewed NOT IN PRESENT MODE, to see the whole table.

PE Bridging the gap GCSE to A level (Next steps)

P
R
E
P
A
R
E
A
N
A
L
E
V
E
L
F
O
L
D
E
R
R
E
A
D
Y

Read



Watch **You Tube**



Visit



Do



AQA PE specification

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

(Slide 4)

There are two aspects to the **NEA**:

1. performance assessment (practical performance)
2. performance analysis assessment (analysis and evaluation).

Read the relevant sections of the two documents linked below:

<https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7581/scheme-of-assessment>

<https://filestore.aqa.org.uk/resources/pe/AQA-7581-7582-TG-NEA.PDF>

(Slide 4)

Lance Armstrong

Learn about drug cheating and types of drugs leading to Lance Armstrong's overall ban from cycling (Slide 7)

<https://www.youtube.com/watch?v=JmZDO64LqCE>

A-level PE Biomechanics LAST MINUTE REVISION

<https://www.youtube.com/watch?v=Hf9CUHsrKcQ>

A-level PE Sociocultural Studies LAST MINUTE

<https://www.youtube.com/watch?v=84AkiKRc6NE>

A-level PE Physiological LAST MINUTE REVISION

<https://www.youtube.com/watch?v=3gnY20ezaaQ>

(Slide 11)



A Level PE themes on YouTube

https://www.youtube.com/watch?v=3K_4LfzKPk0

<https://www.youtube.com/watch?v=ps1sWA9Aoes>

Aoes

Visit a sports stadium:

Eg

<https://bookings.wembleytours.com/stadiumtours/booking/default.htm>

A Level PE looks at advertisement, sponsorship and how it impacts sport.

What evidence of this can you identify on your visit? You could complete this with online research, rather than actually going to a stadium (Slide 12)

Live Sport

Attend or watch a sports match eg netball or football match / women's sporting event vs a men's event. What do you notice?

At A level you will learn about –factors affecting participation (Slide 11)

Science Museum – Do you understand the laws of physics. At A level you will learn about Biomechanics <https://www.sciencemuseum.org.uk/home> (Slide 11)

Bodyworlds

Nutrition, Exercise and Sport MOOC:

<https://www.edx.org/course/nutrition-exercise-and-sports?index=product&queryID=effd7879171ca6eac510312a6d8b4921&position=1>

OR

<https://www.mooc.org/>

Search through the MOOCs online learning portal; choose from a range of courses (many of them free) that interest you.

Also check out

<https://www.futurelearn.com/>

for more free webinars and online courses (Slide 14)

The Everlearner

Complete The Everlearner Videos and practice questions (if you are unable to access The Everlearner, this should be completed in the first 2 weeks of term) (Slide 5 and Slide 6)

Practical Evaluation

Record yourself playing the sport that you intend to participate in for A Level PE.

(Slide 15)



(Slide 4) Reference Materials

- This section is populated with some reference material ideas that will help you to read around the subject
- **Download the A level specification, print it and put a copy into your folder (which you must bring to your first lesson). Also print the relevant pages for NEA (from the linked documents), relating to your sport for the performance assessment and relating to the performance analysis assessment.**
- Textbooks have been issued to you or will be when you arrive – please consider purchasing the recommended revision guide (if you are unsure about your A level choices you may wish to wait until September to buy this book).
- PE Review magazine covers current topics and research in physical education (this involves a subscription and is entirely your choice if you wish to purchase)
- Read the sports section of the newspaper to keep you up to date with issues in sport, this will also help you with practical examples

(Slide 5) The Everlearner

- If you are set up on The Everlearner at SHFGS – please log in and complete the tasks. If not, as soon as you have an SHFGS email address, please contact Mr Boulton (gboulton@shfgs.co.uk) and request to be added to the this course in order to access the lesson and tests.
- Please refer to the following slide to see the lessons required. Study the lessons and use the practice tests as much as you want to – there is no limit on time or attempts.
- To study go to courses at the top of your dashboard then click on the relevant section
- Checkpoints will be set in the future with deadlines for them to be completed, so make sure you complete the study videos and practise first!

(Slide 6) Tasks to be completed

Physiological Aspects (1)	Physiological Aspects (2)	Physiological Aspects (3)	Psychological Aspects	Sociological Aspects
Cardiovascular and Respiratory System	Joints and Movement	Preparation and Training	Skill Acquisition	Commercialisation and Technology
Impact of activity Lesson 1 Lesson 2 The Heart Lesson 1 Lesson 2 Lesson 3	Joint Actions Lesson 1 Lesson 2 Lesson 3 Lesson 4 Lesson 5 Joints and Movement Lesson 1 Lesson 2 Lesson 3 Lesson 4	Preparation Lesson 1 Lesson 2 Lesson 3 Lesson 4 Lesson 5 Lesson 6 Training Lesson 1 Lesson 2 Lesson 3	Skill Continua Lesson 2, 3, 4 & 6 Guidance and Feedback Lesson 1 & 2 Personality Lesson 1 & 2 Arousal Lesson 1 Aggression Lesson 1 Importance of Goal setting Lesson 1	Commercialisation Lesson 1 Lesson 2 Lesson 3 Concepts of Physical Activity and Elite Sport Lesson 1 Lesson 4

(Slide 7) - Write a Review on what you watched

Review by: _____

Title: _____

Author: _____

Review of (please circle)

Book Journal Podcast Film Documentary

Would you/would you not recommend it? Why?

Rating:



What was it about?

What did you find particularly interesting/inspiring/shocking? Has this changed your opinion?

How does it link to this subject and why is it important?

What would you like to learn more about?

Save your answers as part of this document.

(Slide 8) Tom Brown's School Days

Watch the film and think about the following areas:

- Class systems in society (attitude towards society and class)
- The structure of sport and education for those fortunate enough to attend 'public schools'
- The importance of sport in 'public school' education
- The influence on sport as you know it today

(Slide 9) Commercialisation - GCSE
Catch Up

Use Google Classroom code: 5ag4h5h

In the 'Summer Work' section you will find a series of GCSE questions. Please use pages 104-108 in your new A-Level textbook to attempt to answer these. The mark schemes are provided. There is a great deal of cross-over between the GCSE course and A-Level course and it is important that you have some understanding of this section.

(Slide 10) Sports Psychology - GCSE

Catch Up

Use Google Classroom code: p34bdxz

In the 'Summer Work' section you will find a series of GCSE questions. Please use the following pages in your new A-Level textbook to attempt to answer these. The mark schemes are provided;

Skill classification- P48--- P53

Use of guidance and feedback- P67---P74

Aspects of personality/ Arousal- P168--P173

Aggression- P181---P184

Importance of goal setting- P202---P205

(Slide 11) Last Minute Revision

This has challenging content, as it is designed for late in the course when you are going over topics, however, you could use it as an overview before starting them.

There are notes pages to download, please do this and add your completed notes pages to this document.

(Slide 12) Visits

Visits may be difficult but will make your studying 'come to life'.

Choose how you report on your visits and how you relate them to your future courses and your future careers

Choose whether you would like to make a

- Podcast
- Informative flyer
- Mini film
- Report
- Newspaper article

Save your work on this [Google Slides document](#) and call it 'Visits'

(Slide 13) A Level PE Themes on YouTube

Watch the clips using the links and list below the parts of the A Level PE syllabus that you think the clip relates to:

MOOCs (Slide 14)

To evidence this you can

- Save any notes you take
- Take and save a screenshot of completed modules or the completed course
- Save it as part of this powerpoint or if there is a downloadable certificate save as 'PE MOOC'

(Slide 15) Practical Evaluation

Video yourself playing the sport that you intend to participate in for A Level PE.

List your strengths and weaknesses, giving a reason why you think each is a strength or weakness.

Describe, in detail, how you would improve one of your weaknesses.

Upload your performance video and notes to this document.

(Slide 16) Command Words and Subject Specific Vocabulary

Add evidence of your notes on learning these words and phrases, this could be tested early in the course!