

## Carre's Grammar School transition work for A Level Physical Education

All transition work should be word processed and each task should be printed out on separate sheets so that you can hand it in to the relevant teacher:

Task 1 – Mr Newell

Task 2 – Mr Pickard

Task 3 – Mr Newell

Task 4 – Mr Wilkinson

All tasks should be completed and printed off ready to submit in your first week back

### **Task 1 – Performance analysis**

You are required to complete an analysis of your weaknesses in relation to your performance of **the core skills listed in area of assessment 2** for your strongest practical activity.

For example:

If you are a goalkeeper in association football you would need to cover the following skills:

#### **Area of assessment 2 – Defensive skills**

1. Shot stopping
  - High and low
  - Shots from inside and outside the 6 yard box
  - One handed and two handed
2. Catching crosses

Your analysis should be **word processed** and should demonstrate that you have researched the fundamental coaching points of each skill and reflected upon what your technical weaknesses are in relation to these key elements.

You can write in as much or as little detail as you like, but the effort that you put into these transition tasks will go some way towards us assessing your suitability for the course in the first few weeks.

The specification can be found at:

<http://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

## **Task 2 – Applied anatomy and physiology (specification code 3.1.1)**

### **3.1.1.2 The cardiovascular system**

Research and make notes on the following:

1. Heart structure (chambers and relevant blood vessels)
2. Cardiac Pathway (direction of blood flow to, through and away from the heart)
3. Hormonal and nervous control of heart rate (how is a change in heart rate brought about?)

**Your notes should be word processed.** It would be a good idea to include relevant diagrams to supplement your written work.

The links below will take you to some useful videos that will help you with your notes

[https://www.youtube.com/watch?v=UxzZyrX2Q\\_w](https://www.youtube.com/watch?v=UxzZyrX2Q_w)

<https://www.youtube.com/watch?v=swGV1a3f1G8>

<https://www.youtube.com/watch?v=NdGmpRXqlk4>

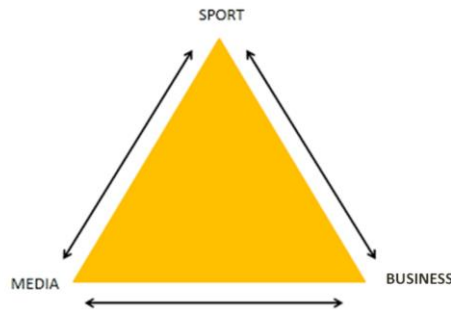
<https://www.youtube.com/watch?v=9PD6ESjqVZg>

### **Task 3 – Sport and society (specification code 3.1.3)**

#### **3.1.3.1 Emergence of globalisation of sport in the 21st century**

##### **3.1.3.1.3 Post World War II (1950 to present)**

#### **The Golden Triangle – the interrelationships between commercialisation (including sponsorship), media and sports**



Watch the video in this link <https://www.youtube.com/watch?v=s4Xn5VISd7w> and conduct some of your own research into the relationship between sport, the media and business (commercialisation and sponsorship).

#### **Answer the questions below. Your work should be word processed**

1. Write about the suggestion that sport, sponsorship and the media are all interdependent on each other for their success, commenting on how & why they need one another. Use several examples.
2. Take one away – consider what would happen in these scenarios:
  - a. What if sport and the media were linked but with no business link?
  - b. What if sport and business were linked but there was no media coverage?
3. Imagine you're the head of a major company – why would you invest in sports sponsorship? (What are the advantages to the company of sponsoring a team/athlete?)
4. What are the factors that would make a particular sport (e.g. football) or, more specifically, a match/event (e.g. Real v Barca') attractive to the major TV companies?

**Task 4 – Sport psychology (specification code 3.2.3)**

**3.2.3.1 Psychological factors that can influence an individual in physical activities**

Read through the sport psychology PowerPoint and complete all tasks detailed within the presentation