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A-LEVEL  
**PHYSICAL  
EDUCATION**

(7582)

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**Specification**  
For teaching from September 2016 onwards  
For exams in 2018 onwards

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Version 1.2.9 October 2018



Transition work

2020/2021

## **General instructions**

You are required to complete **ALL** tasks in the booklet ready to hand in to the relevant teacher in September when you start the course. You should create electronic documents for all tasks and print off ready for submission to the relevant teacher in the first week back.

You will be tested on the content of this booklet at the start of Term 1 via a formal transition assessment so make sure that you prepare thoroughly by completing the tasks to the best of your ability and starting to prepare additional revision resources.

Underperformance in the transition assessment could result in you being removed from the course.

## **Task 1 – Non-exam assessment**

1. Check the list of activities approved for non-examination assessment (NEA) by AQA.

This can be found on pages 37-40 of the specification

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

2. Decide upon which practical activity from the approved list you would be most confident being assessed in. If you are not 100% sure, just choose one of the possibilities you are considering.

Find the breakdown of skills that will be assessed in your chosen activity. You will see that they are split into Area of assessment 1-3. For most activities AOA1 includes attacking skills, AOA2 includes defensive skills and AO3 includes tactics and strategies. This is slightly different for activities such as athletics and gymnastics, where this method of dividing areas of assessment isn't suitable.

3. Choose a skill from the AO2 section of your chosen activity and produce a piece of written work that clearly describes a competitive situation where your technique let you down when attempting to perform this skill. If you can back this up with annotated photographic evidence (i.e. video stills of you in action) then it will make your life easier in this respect. Clearly this will not be possible for everyone.

Your weakness or weaknesses in the execution of the skill should be analysed in relation to the desired outcome. This may be a comparison to an elite performer, correct technical model or own/others' successful performance. In other words, you need to demonstrate that you understand what a correct execution of the skill would look like and how your technique differed from the correct technical model.

Your analysis should be **word processed** and should demonstrate that you have researched the fundamental coaching points of your chosen 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.

**Your completed analysis should be completed for when we return to school in September and printed off ready to hand in to Mr Offer in your first lesson with him.**

## **Task 2 – Applied anatomy and physiology**

### **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.

**Mr Pickard will be expecting you to have a foundation of knowledge upon which to build in lessons when you return. Make sure your resources are printed out and brought along to your first lesson with him.**

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=NdGmpRXqIk4>

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

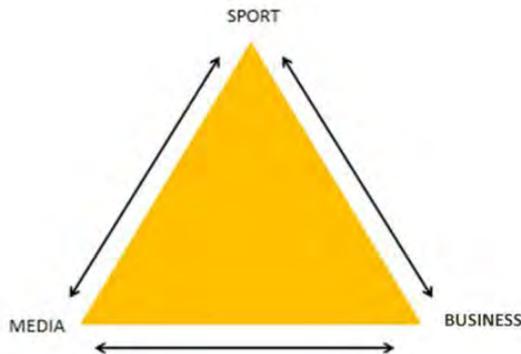
## **Task 3 – Sport and society**

### **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 and printed off ready to hand in to Mr Newell in your first lesson with him when we return in September.**

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?

### **3.1.3.2.1 Sociological theory applied to equal opportunities**

I have provided links here to some interesting articles surrounding the issue of racism in sport but you should also research some of your own – it is a much written-about topic!

[Chris Ramsey: Telegraph article 2018](#)

[John Barnes racism article: The Guardian](#)

[Raheem sterling article: racism and the media](#)

<https://www.sbnation.com/2018/1/6/16856550/rooney-rule-nfl-explained-how-it-works-coaches>

Attempt the task below once you've spent some time reading around the general topic of racism in sport and the specific topic of the Rooney Rule.

6. The Rooney Rule was introduced into American sports to attempt to address the under-representation of ethnic minorities in their sports, particularly in positions of power, such as coach and general manager. Research it quickly now.

Discuss the suggestion that the Rooney Rule or similar could be a beneficial addition to English professional football.

### **Task 4 – Sport psychology**

#### **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.

**Your work should be word processed and printed off ready to hand in to Mr Wilkinson in your first lesson with him when we return to school in September.**