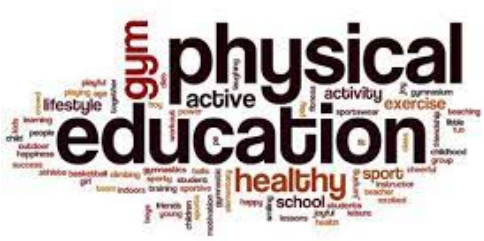

PINNER
HIGH SCHOOL

A-Level PE. Summer Transition Work

Welcome to the A-Level PE course.

This work will support you in recapping, and developing knowledge to enable a solid start to the A-Level course. All work should be completed and brought to the first lesson.

Preparation:

- You should have two large ring binders.
- Each ring binder should have 3 large dividers (for the 3 topics) and a supply of plastic wallets
- You will also need to create a storage file on your laptop (either on google drive or microsoft) where you will save your work.

The topics to be covered will be:
Anatomy and Physiology (AWI)
Exercise Physiology (AWI)
Sport Psychology (AWI)

Skill Acquisition (RSU)
Sport and Society (RSU)
Practical Performance (RSU)

The summer transition work will focus on Exercise Physiology and Sport and Society

Exercise Physiology - Reading:

Topic 2 - All chapters -
https://drive.google.com/drive/folders/1C2i3_n8Z7wjzBtvjehhAaYtrkXOJQygh?usp=sharing

Exercise Physiology - Tasks:

1 - Research the following new fitness tests and answer the following questions for each:
Fitness Tests - RAST, Wingate Test, Yo-Yo Intermittent Test, Margaria Kalaman Stair Test, Queens College Step Test.

- What is the test designed to measure?
- What is the test protocol e.g. how is it set up/completed
- How can you do your best to ensure the test is reliable and valid

2 - Create a recap table with the following information:

- Components of fitness, definitions and the fitness test used to assess this COF
- Methods of training, what it is, and what type of athlete would use it - and why.

3 - Research and answer the following question (you should aim to fill one page of A4 with this): 'The dietary requirement of a power athlete and an endurance based athlete have similarities and differences. Discuss'

To support:

- https://www.nutrition.org.uk/putting-it-into-practice/keeping-active/nutrition-for-sports-and-exercise/
- https://exceednutrition.com/nutrition-for-strength-training/
- https://www.verywellfit.com/sports-nutrition-for-endurance-exercise-3120671

4 - Watch the video and make notes on Periodisation:
https://www.youtube.com/watch?v=obIi5sFfthY

Skill Acquistion - Reading:

Topic 3 - All chapters -
https://drive.google.com/drive/folders/1GaFEfc_9xk6V2lKHNTODgMFpXb5Z9a9T

Sport and Society Task:

Write one A4 side to answer the following question 'Discuss whether modern technology has made sport fairer'

Use the information in the table below to support you in writing your answer.

Ways technology has made sport more fair	
1. Officiating	Helps officials to make more accurate decisions
2. Measurement	More accurate timing / measuring devices
3. Overturning	Incorrect decisions can be reversed
4. Reduces cheating	Improved detection of foul play / gamesmanship
5. Drug testing	Improved doping detection e.g. biological passports
6. Inclusion	Allows disabled athletes to be included
Ways technology has made sport less fair	
7. Drug taking	Creates new drugs / methods for dopers to avoid detection
8. Inequality	Some may not be able to afford technology

General research and reading (additional content):

5 - *Edexcel produces a termly article about current issues in the world of sport and A-Level PE. These are targeted at teachers however there is often useful information here for students.*
To do: Browse the articles, find one that interests you, and write a summary of the article and why you chose to pick that one.

- https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/physical-education-2016/teaching-support.html

You should also familiarise yourself with the following websites:
Teachpe.com
Ashpe.weebly.com
Youtube - TheEverLearner
Youtube - The PE Tutor
The Conversation - https://theconversation.com/uk/topics/sports-science-4407
Science Daily - https://www.sciencedaily.com/news/matter_energy/sports_science/