

## **A Level Physical Education – Summer Task**

We are very pleased to see that you are considering studying AS level Physical Education at Harton 6<sup>th</sup> Form. The transition from GCSE to A Level can often be a daunting one, however, with a committed and hardworking approach anything is possible and hopefully you will both enjoy and rise to the challenge.

One very important skill that will ensure success is the ability to work independently and to push yourself rather than waiting to be told or encouraged. Therefore for this summer task I am going to ask you to engage in what is known as the 'Flipped Classroom' where students listen to tutorials via the internet and then bring this knowledge in to the classroom allowing for the focus to be on understanding and then how this can be applied to practical examples or examination questions.

**Please type in to an internet search engine – [LindsTaverner](#) and it will bring you to a YouTube page – go to the video section and you will see a vast number of PE related videos that cover all sections of the PE course.**

### **Task**

Please look at the following presentations and make brief notes (no more than one side of A4) on each one with pictures if appropriate.

The following ones have been selected because they cover all sections of the course and will give a good flavour of what the course will involve in terms of Anatomy and Physiology, Skill Acquisition and Contemporary issues.

- 1) A + P CV system overview
- 2) A + P Respiratory System overview
- 3) Arousal Theories (Part 1)
- 4) Olympic Games (part 1)
- 5) Drugs in Sport (Part 1)

Please feel free to look at more if you wish as they will all be relevant to the course and useful.

### **In addition**

Please try to keep up to date with what is happening in the news relating to sporting issues and stories as often these are very relevant and will link to parts of the course.

**Enjoy the summer and we look forward to hopefully seeing you in September.**