

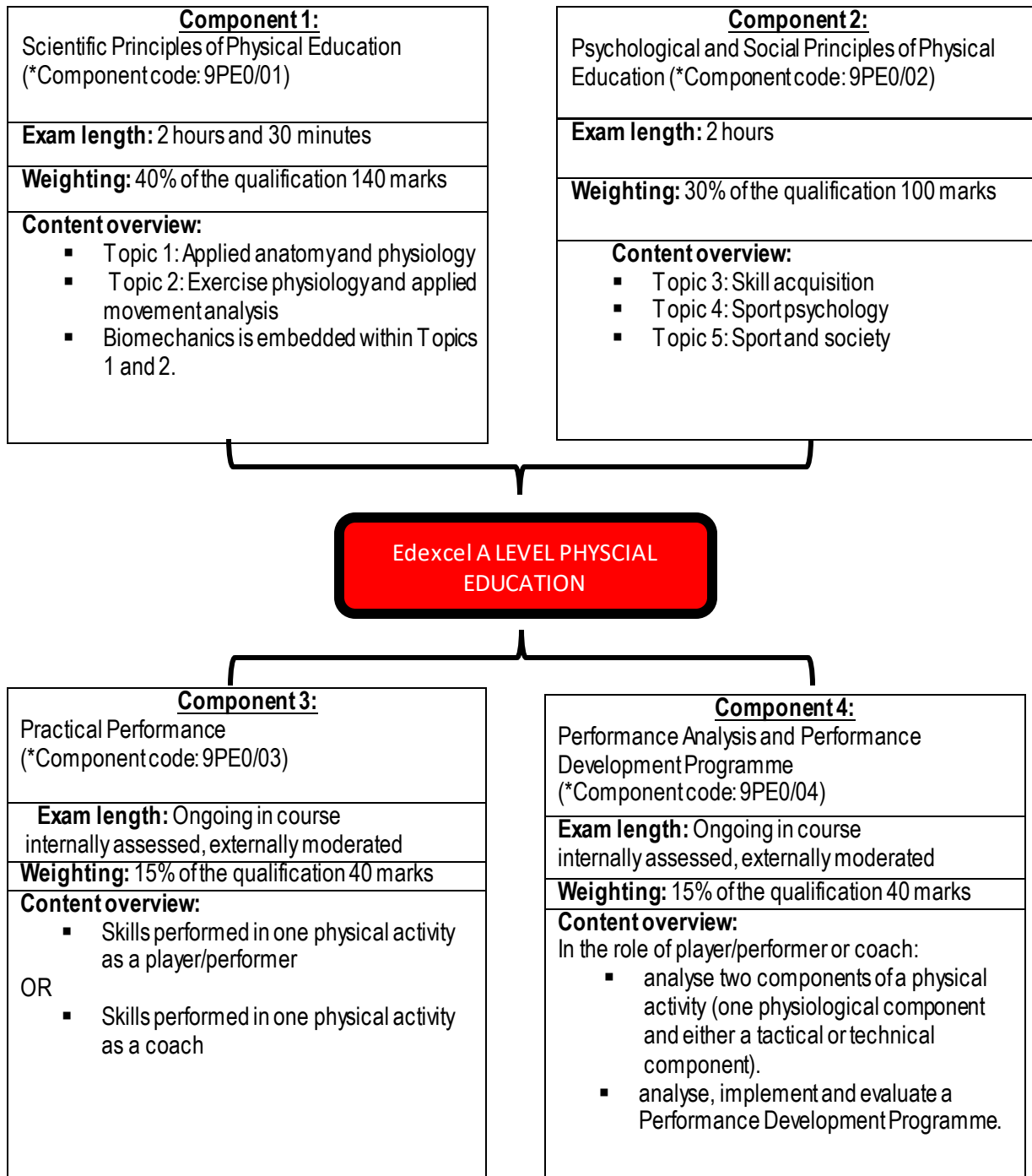


CCHS
EDEXCEL A LEVEL
PHYSICAL EDUCATION
2021

A level Physical Education

At CCHS we deliver - Pearson Edexcel Level 3 Advanced GCE in Physical Education

This course is comprised of 4 components as mapped out below:



SUMMER TASKS INSTRUCTIONS

The summer work will give you some idea of the type of work that will be covered and the level of difficulty of the course.

Component 1 Task - APPLIED ANATOMY & PHYSIOLOGY

One aspect of paper 1 that you will study is movement analysis. This is a topic stemming and progressing from the EDEXCEL GCSE Paper 1

Part A

Using the photograph of Roger Federer, give a detailed analysis of movement for all aspects of the specific skill that he is preparing to perform.

For the shoulder, elbow, hip, knee, ankle	<ul style="list-style-type: none"> ▪ Identify the joint type ▪ Identify the articulating bones ▪ Identify the joint movement shown in the picture, explain why its required ▪ Identify the antagonistic pair creating this movement – the antagonist and agonist ▪ Identify the muscle contraction
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Part B – Biomechanics

Research and explain newtons 3 laws of motion with examples to sports of your choice

Law of Inertia	https://www.youtube.com/watch?v=jLvoiZUsiZY
Law of Acceleration	
Law of Action and Reaction.	

Component 2 Task – SKILL AQUITION

One aspect of paper 2 that you will study is sport psychology

Research and explain the following using your own research and with support from the attached you tube tutorials:

Arousal & achieving optimal performance	Inverted U theory	https://www.youtube.com/watch?v=7130zWCUhYA
	Hulls drive theory	
	Catastrophe theory	
Theories of aggression v assertion	Instinct theory	https://www.youtube.com/watch?v=DlrTha8cbAl&t=584s
	Frustration-Aggression Hypothesis (Dollard).	
	Aggressive-Cue Hypotheses (Berkowitz)	

Component 3 Task – PRACTICAL PERFORMANCE

An important aspect to understand that is with the individualised needs of the group, you will all be a specialist in various sports. Due to the time and cohort numbers, the expectation is that you are **ACTIVELY AND CURRENTLY** playing or coaching in one sport from the specification. (Please see next page) and will provide filmed evidence for your final marks for external moderation.

TASK

Over the summer when you are starting back in preseason training/ coaching or performing, attempt to gain some footage of your skills. This provides us with a good basis of your stand and therefore can advise and support you from this

Advice for practical Filming – External activities

The videos MUST to show specific elements of your chosen sport Below are the key points to ensure your recording shows the best performance to receive the highest mark out of 40 marks.

Isolated skills

An example of this would be filming a dive in swimming, a leg yield in dressage, drive of the tee in golf, a front landing in trampolining etc. for the specific skills.

- Where possible introduce yourself before your first skill so you can be identified by the assessor & moderator.
- Consider the best angle to film the skill, the student must be able to be identified clearly. If you are in a group drill (E.G rugby) you can get a numbered bib from the PE department or wear something that makes you stand out in the video. (bright bibs, number, bright socks)
- If you are performing a sport with full head/ face protection (E.G Skiing) they must introduce themselves, place head gear on, complete the skill and take head gear off to show it was them performing.
- Train with players of same standard – too low, too easy – doesn't show your skill off, too high then it takes away from your ability.
- The drill can show a combination of skills I.E in basketball – dribble and pass or defending- tracking and interception drill
- Most sports require at least 4 skills, some will have **more** E.G swimming as you would have to show stroke break down, - leg kick, arm pull, entry, turns, movement underwater, breathing technique etc. these can be done in small videos – use of kick boards can support this filming
- Those coaching – the exact same key points but of you actively coaching not performing

Competitive performance / game filming

Students need to be filmed in this environment. For example, horse riding competitions, sparring in boxing, swimming competitions, etc. students must be seen to be performing in a competitive environment against full governing body rules, including FULL sided games

- **For individual events** such as swimming, horse riding, boxing, athletics etc. – shorter single events aim to get 3 competitive videos as this shows consistent performance.
- **For events such as golf** – you must film between 4 to 9 holes, film the drive and then pause and then film the next shot, pause – cut out the walking sections but make sure you have where the ball landed and film any decision making you are completing as you get marks for this.
- **Skiing** – for the performance, the best way to film is having another performer filming you from behind in your tracks, so that the moderator can see your ability. Please consider your camera man, they need

to be able to ski the same standard (i.e. black route), don't pick easier routes if you can complete harder routes, it can affect your grade.

- **For team game events**, you need to film sections and label them with the skills show, E.G attacking play and shot. There would need to be a number of these to show ability. You could film a larger section E.G 15-20 minutes and complete a skills time line, logging when you completed a skill – goal keeping save at 3.25, distribution 4.02. This is so the moderator can scroll through the video.
- **Those coaching** – you must show video evidence of coaching a performance such as a game or an event, providing various feedback and guidance, governed by the rules of your sports governing body.
- Avoid putting in videos of last place positions if possible.
- Standard of the game again consider the ability and the quality of the match. YOU want to look STRONG
- Highlight the number and what you are wearing – must be easy to identify for your teacher/moderator.

If you require any support with this process, please ask at school or contact me through email:



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List of activities applying to qualifications awarded from 2022 for A level or 2021 for AS level

Activity	Comments	Activity	Comments
Acrobatic gymnastics		Sculling	
Amateur boxing		Skiing	Outdoor/indoor on snow. Must not be dry slopes
Association football	Cannot be five-a-side	Snowboarding	Outdoor/indoor on snow. Must not be dry slopes
Athletics	Long distance running must not exceed 10,000 metres	Squash	
Badminton		Swimming	Not synchronised swimming, personal survival or lifesaving
Basketball		Table Tennis	
Canoeing		Tennis	
Cricket		Trampolining	
Cycling	Track, road or BMX cycling (racing, not tricks) only	Triathlon	Sprint only
Dance		Volleyball	
Diving	Platform diving	Water polo	
Equestrian		Windsurfing	
Figure skating		Sailing	Royal Yachting Association recognised sailing boat classes only. The list can be found online at: https://www.rya.org.uk/racing/youthjunior/info/Pages/recognised-classes.aspx . Students must perform as helmsman
Futsal			
Golf			
Gaelic football			
Gymnastics	Floor routines and apparatus only		
Handball			
Hockey	Must be field hockey		
Hurling			
Ice hockey			
Inline roller hockey			
Kayaking			
Lacrosse		Specialist activity	
Netball		Blind cricket	
Rock climbing	Can be indoor or outdoor	Boccia	
Rowing		Goal ball	
Rugby league	Cannot be tag rugby	Powerchair football	
Rugby union	Can be assessed as seven or fifteen a side. Cannot be tag rugby	Polybat	
		Table cricket	
		Wheelchair basketball	
		Wheelchair rugby	

REVISION RESOURCES: EDEXCEL A LEVEL

BOOKS- REVISION GUIDES

		<p>Paper 1 is scientific – a few older books are around there might be electronic versions:</p> <p>ISBN 0-7234-3175-2 physical education and study of sport</p>
Edexcel PE for A Level Year 1 revised third edition Paperback – 12 Oct. 2018	Edexcel PE for A Level Year 2 revised second edition Paperback – 28 Dec. 2018	
ISBN: 978-1911241119	ISBN: 978-1911241126	

SOCIALS

Podcasts	
The A level PE podcast	Type I to casting device the title opposite – again covers some AQA content but paper 1 remarkably similar our content – 8 episodes
You tube	
James Morris – a level PE	https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBIku3Xw/channels
the ever learner	https://www.youtube.com/watch?v=riBLgF9NFIO
Damien Edwards – <i>(geared to AQA but very relevant in most topics)</i>	https://www.youtube.com/watch?v=3IRdhizxkn8&list=PLUb-9-TpmYV-HrOLzhtQjv0bjKvGnk1e8
Websites	
Teach pe	https://www.teachpe.com/a-level-pe-revision
Revision world	https://revisionworld.com/a2-level-level-revision/physical-education-level-revision
The pe tutor	https://www.thepetutor.com/