

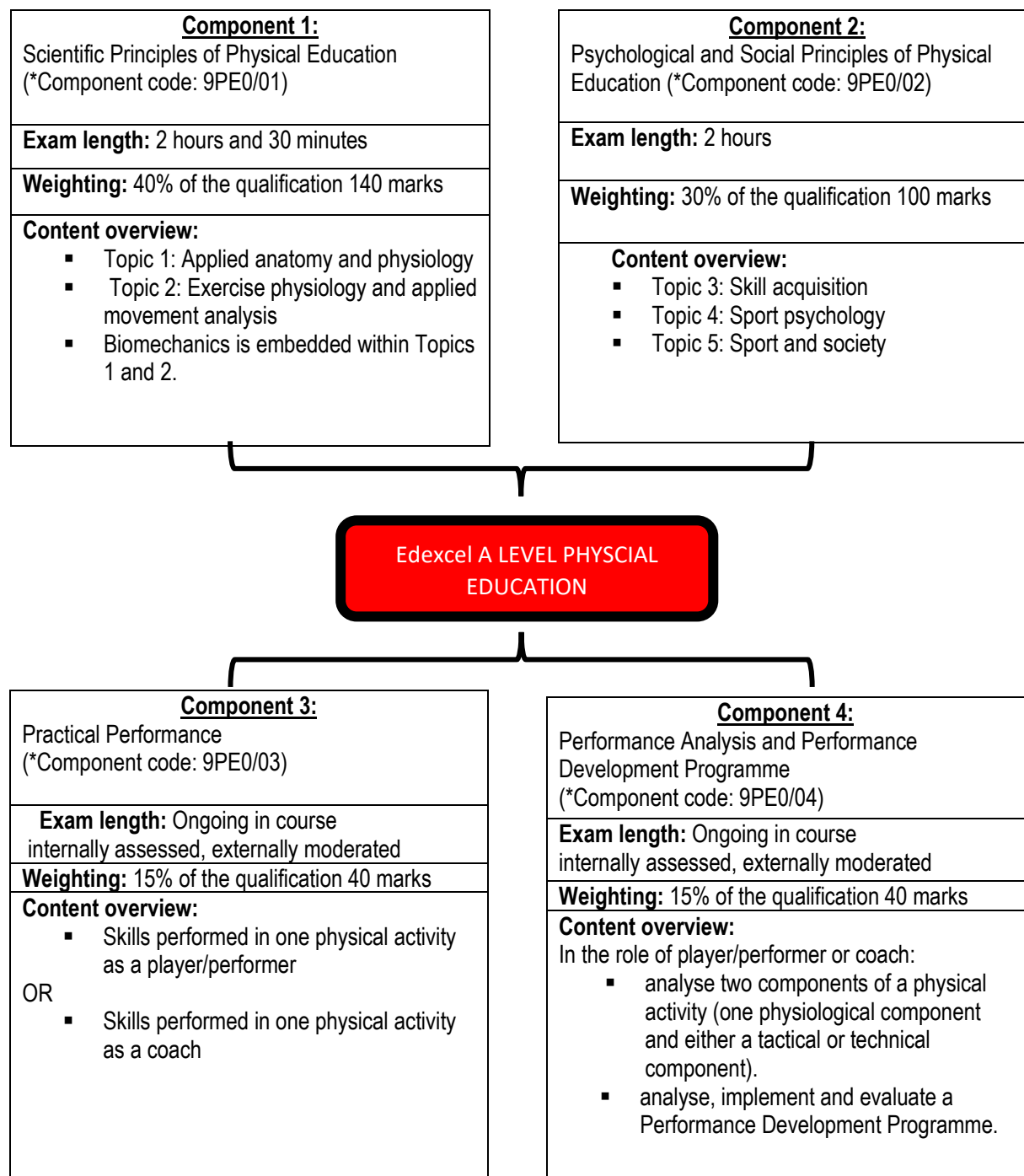


CCHS
EDEXCEL A LEVEL
PHYSICAL EDUCATION

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 EDECXEL 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 ACQUISITION linked with Component 3 Task – PRACTICAL PERFORMANCE

One aspect of paper 2 that you will study is skill acquisition – this is a link to topic 3 of the Edexcel GCSE PE – training and fitness./ Motor programmes are skills

- These are general movement patterns stored in the long term memory.
- This allows you able to repeat the skill again and again.
- Motor programmes are formed through repeating a skill until the muscles get used to how it feels (kinesthesia) using muscle memory)

Task

Part A




1. Using your main sport film your self-completing 2 skills that help you perform your sport. This will be handed in via phone lead download or place on a USB to hand in.
2. From these 2 skills you need to dissect the skill into preparation, execution and follow through

Subroutine = dissection or Breaking a skill down allows the coach to teach it in segments.

Skills are often broken down into:

- **Preparation** – allows ID of the technical detail to build, leading into.....
- **Execution**, this allows undertaking of skill
- **Recovery phases** – allows follow through to next action

Examples to support you.....

<u>Sport</u>	<u>Preparation</u>	<u>Execution</u>	<u>Follow through</u>
 <u>Pole Vault</u>	Correct body stance Grip on pole Pick up pole	Run up Carry pole Place of pole Flex of pole Drive legs Extend arms Push off pole	Wrap legs and arms over bar Land safety
 <u>Tennis - Skill - Serving</u>	Correct body stance Grip on Racket Correct foot position	Draw back of racket Ball throw Watch ball Throw racket head at ball Move hips and legs Adjust racket head for direction	Racket swing through for direction Body movement forward – pace/ momentum
 <u>Golf = Skill – putting</u>	Eye directly over ball Check line Feet shoulder width apart Arms swing in pendulum motion Knee flexed – balance	Eye directly over ball Feet shoulder width apart Arms parallel with body Constant pace Lead arm flexion	Shoulders should still have pendulum motion Parallel to club Face looking point of contact

Part B

Film 5 minutes of your sporting performance in the same sport, you must feature in the majority of filming. This could be clips together if you are a football goal keep for example.

PART C

List the following things.....

	Personality	Transfer	Routine – arousal	Aggression
Links to topics in theory	List 5 things about your qualities of your personality – look up hat personality type you may be	The skill you have in your main sport – do you have another sport where you can use similar skills?	Do you have pre performance routines you do before and event?	What makes you angry in a performance? Have you ever down an aggressive act I your sport? Have you ever completed an act of sportsmanship in your sport

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 performers 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:



L.Elliott-Kelly@cannockchase-high.staffs.sch.uk

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	
Camogie		Tennis	
Canoeing		Trampolining	
Cricket		Triathlon	Sprint only
Cycling	Track, road or BMX cycling (racing, not tricks) only	Volleyball	
Dance		Water polo	
Diving	Platform diving	Windsurfing	
Equestrian		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
Figure skating			
Futsal			
Golf			
Gaelic football			
Gymnastics	Floor routines and apparatus only		
Handball			
Hockey	Must be field hockey		
Hurling			
Ice hockey			
Inline roller hockey		Specialist activity	
Kayaking		Blind cricket	
Lacrosse		Boccia	
Netball		Goal ball	
Rock climbing	Can be indoor or outdoor	Powerchair football	
Rowing		Polybat	
Rugby league	Cannot be tag rugby	Table cricket	
Rugby union	Can be assessed as seven or fifteen a side. Cannot be tag rugby	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>
<p>Edexcel PE for A Level Year 1 revised third edition Paperback – 12 Oct. 2018</p>	<p>Edexcel PE for A Level Year 2 revised second edition Paperback – 28 Dec. 2018</p>	
<p>ISBN: 978-1911241119</p>	<p>ISBN: 978-1911241126</p>	

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=riBLgF9NFI0
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/