



BISHOP LUFFA PE DEPARTMENT
A LEVEL PE

Year 11 to Year 12 Transition Booklet

A-Level Physical Education



BISHOP LUFFA PE DEPARTMENT
A LEVEL PE

Mr Brown

A Level PE

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Course Breakdown

70% Theory (EXAM) • 30% Coursework (NEA)

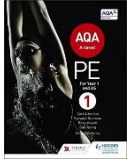
<p><u>Paper 1:</u> Section A: Applied Anatomy and Physiology Section B: Skill Acquisition Section C: Sport and Society Written Paper</p>	35%	<ul style="list-style-type: none">• 2 hour written paper• 105 marks• Combination of multiple choice, short answer and extended writing questions• Including use of data
<p><u>Paper 2:</u> Section A: Exercise Physiology and Biomechanics Section B: Sport Psychology Section C: Sport and Society and Technology in Sport Written Paper</p>	35%	<ul style="list-style-type: none">• 2 hour written paper• 105 marks• Combination of multiple choice, short answer and extended writing questions• Including use of data
<p><u>NEA / Coursework:</u> Practical performance in physical activity and sport – 15% Written analysis and evaluation of performance – 15%</p>	30%	<ul style="list-style-type: none">• 90 marks• One activity (45 marks) plus written analysis and evaluation (45 marks)• Internal assessment, external moderation



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Recommended Reading

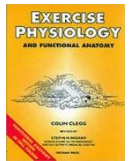
BOOKS



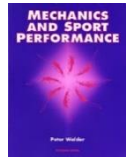
Atherton, C. Burrows, S. Howitt, R. Young, S. 2017 *AQA A-Level PE for Year 1 and AS*. Hodder Education



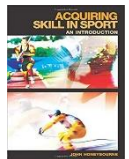
Atherton, C. Burrows, S. Howitt, R. Young, S. 2017 *AQA A-Level PE for Year 2 and AS*. Hodder Education



Clegg, C. 1995. *Exercise Physiology and Functional Anatomy*. Feltham Press



Walder, P. 1998. *Mechanics and Sport Performance*. Feltham Press



Honeybourne, J. 2006. *Acquiring Skill in Sport: An Introduction*. Routledge



Holt, R 1990 *Sport and the British: A modern history*. Clarendon Press



Bean, A. 2017. *The Complete Guide to Sports Nutrition*. Bloomsbury Publishing.



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SCHOLARLY ARTICLES

Polley, M. 2008. 'The amateur rules': Amateurism and professionalism in post-war British athletics. Contemporary British History, pages 81-114.

Quennerstedt, M. Ohman, M & Armour, K. 2014. Sport and exercise pedagogy and questions about learning. Sport, Education and Society, pages 885-898.

Alexandris, K. Tsorbatzoudis, C. & Grouios, G. 2017. Perceived Constraints on Recreational Sport Participation: Investigating their Relationship with Intrinsic Motivation, Extrinsic Motivation and Amotivation, Journal of Leisure Research, pages 233-252.

Zaichkowsky, L. 2004. Arousal in Sport. Applied Psychology.

Weinberg, R. S. (2002) Goal setting in sport and exercise: Research to practice. Exploring sport and exercise psychology, pages 25-48.

YOUTUBE CLIPS

Venous Return <https://www.youtube.com/watch?v=J80hhCkLuaA>

Stages of Learning <https://www.youtube.com/watch?v=n7UcobScnck>

Rational Recreation <https://www.youtube.com/watch?v=SPrTPKj4ONQ>

Diet and Supplements <https://www.youtube.com/watch?v=pBAPapMCRlo>

Newton's Laws <https://www.youtube.com/watch?v=MAM6LOUnJ80>

Aggression in Sport <https://www.youtube.com/watch?v=DirTha8cbAI>

Revision <https://www.youtube.com/watch?v=Hf9CUHsrKcQ>

Channels

The Everlearner – <https://www.youtube.com/channel/UCyaI4lce4za7FTPXL11bEUQ>

The PE Tutor - https://www.youtube.com/channel/UCUVsiR-1u_oSZ32CHQmD4Ug

James Morris – <https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBlklu3Xw>



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Wider engagement in Physical Education

For all GCSE and A Level Physical Education students it is also recommended that they actively seek to watch some of the many exceptional sporting documentaries that can be found on YouTube, Netflix, Amazon Prime or other online platforms. Recommendations include, but are not limited to:

Documentaries

Title	Where to watch it	What it's about
Free Solo	All 4	Professional rock climber Alex Honnold attempts to conquer the first free solo climb of famed El Capitan's 900-metre vertical rock face at Yosemite National Park.
Icarus	Netflix	When filmmaker Bryan Fogel sets out to uncover the truth about doping in sports, a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller.
The Class of '92	YouTube	Cinematic documentary examining the rise to prominence and global sporting superstardom of six supremely talented young Manchester United footballers - David Beckham, Nicky Butt, Ryan Giggs, Phil Neville, Paul Scholes and Gary Neville.
Pumping Iron	Netflix	This partly real and partly scripted film documents what many consider to be the golden age of bodybuilding that occurred in the 1970s.
Nike: Breaking 2	YouTube	Breaking2 was a project by Nike to break the two-hour barrier for the marathon.
Game Changers	Netflix	James Wilks travels the world on a quest for the truth about meat, protein, and strength. Showcasing elite athletes, special ops soldiers, and visionary scientists to change the way people eat and live.
Tyson - The Movie	Amazon Prime	Through a mix of interviews and archive film, the legendary boxer reveals his rollercoaster life. The film takes us from Tyson's early days in Brooklyn through his meteoric boxing career and subsequent lost fortune. We see a complex man, destroyed by his own hubris - a modern-day Greek tragedy.
The English Game	Netflix	Two 19th-century footballers on opposite sides of a class divide navigate professional and personal turmoil to change the game — and England — forever.
Michael Johnson: Survival of the Fastest	YouTube	Olympian Michael Johnson makes a personal genealogical and scientific journey to discover if African American and Caribbean athletes are successful as a result of slavery



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Podcasts

Title	Where to find it	What it's about
The Science of Sport Podcast	Apple Android	<p>World-renowned sports scientist Professor Ross Tucker and veteran sports journalist Mike Finch break down the myths, practices and controversies from the world of sport. From athletics to rugby, soccer, cycling and more, the two delve into the most recent research, unearth lessons from the pros and host exclusive interviews with some of the world's leading sporting experts. For those who love sport.</p> <p>Stand out episodes:</p> <ul style="list-style-type: none"> ● 26/02/20 - The Science of Perfect Training ● 08/02/20 - The Shoe That Broke Running II ● 25/11/19 - Mary Cain & RED-S ● 23/10/19 - The Shoe That Broke Running ● 23/09/19 - Why the All Black Are The Greatest Sports Team ● 09/09/19 - How to Cheat at Sport and Get Away With It ● 27/08/19 - How to Make a Champion (Part II) ● 13/08/19 - How to Make a Champion (Part I) ● 09/07/19 - The Drugs In Sport Episode ● 18/08/19 - The Science of Cricket with Gary Kirsten ● 29/04/19 - Caster Semenya: Explaining Sex v Gender
The Clean Sport Collective	Apple Android	<p>The Clean Sport Collective is a community of powerful voices comprised of athletes, brands, events, clubs, fans and the public to support the pursuit of clean sport and athletics through the absence of performance enhancing drugs.</p> <p>Stand out episodes:</p> <ul style="list-style-type: none"> ● 01/02/20 - New Shoe Regulations with Ross Tucker ● 26/01/20 - Evan Dunfee - Bronze Medalist in 50km walk ● 05/01/20 - Steve Magness, Nike Oregon Project Whistleblower ● 17/11/19 - Mary Cain Tells Us Her Story ● 20/10/19 - Tyler Hamilton: Convicted Doper and Whistleblower ● 07/10/19 - Kara and Adam Goucher on the 4-Year Bans ● 31/05/19 - Travis Tygart, CEO of USADA

Follow Bishop Luffa PE Twitter feed. We will put on up to date and relevant articles from the world of sport throughout the summer break that are both thought provoking and will develop your understanding of sport.

@LuffaPE



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TASKS and ACTIVITIES

TASK 1

Levers in Sport

Using the YouTube clip below for background information and recapping from GCSE level, complete the table to demonstrate knowledge and understanding of levers within sport.

https://www.youtube.com/watch?v=d1wS_OlJzml

Lever Type	1 st Class	2 nd Class	3 rd Class
Diagram of Lever			
Where it can be found in the body Provide 2 examples			



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<p>Give 2 examples of where the lever system can be used in sport</p>			
<p>What is the mechanical advantage of the lever system?</p>			
<p>What is the mechanical disadvantage of the lever system?</p>			



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TASK 2

Theories of Learning

Research the following four theories of learning. Create a power point presentation highlighting the key features of the theory, how this might relate to learning within sport and also the positives and negatives of the theory's application within sport.

- Operant conditioning
- Observational learning
- Social development theory
- Insight learning

TASK 3

Increasing Participation in Sport

Create a promotional video/advert for one of the national partners aiming to increase participation in sport. In the video/advert include the following:

- Aims of the partner
- Benefits to increasing participation
- Outline strategies already in place.

TASK 4

Training Programmes

Design 3 different training programmes for the following sports performers:

- Marathon Runner
- Long Jumper
- Shot Putt Thrower

Justify your choices of the key training methods you have applied within the program.

TASK 5

Biomechanics

Calculate the average speed of Usain Bolt in the 100m.

Time = 9.58 seconds

Calculate the average speed of Mo Farah in the 5000m

Time = 12 minutes 53 seconds

Calculate the average speed of Allyson Felix in the 400m

Time = 49.26 seconds



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TASK 6

Sport Psychology

Complete the Personality Test.

<https://www.16personalities.com/>

Explain the role personality plays on sporting performance.

TASK 7

Technology in Sport

Watch a sporting match of your choice. Create a Notational Analysis table including the key skills demonstrated within a game. Tally the number of times each skill is completed within a game by one of the individual performers.

<https://www.youtube.com/watch?v=Wi4T-VSug7U> (Watch this explanation)



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Exam Question Practice

1. Explain how blood is redistributed to the working muscles. *(3 marks)*
2. Explain how oxygen diffuses from the lungs into the blood and how it is transported to the tissues. *(4 marks)*
3. Describe the characteristics of the main muscle fibre type used by sprinters *(4 marks)*
4. Name the type of muscle contraction that occurs when kicking a football in a penalty shootout and identify the agonist and antagonist. *(3 marks)*
5. State a skill in gymnastics you think is closed, a skill that you think is serial and a skill that you think is gross. Give reasons for your choices. *(3 marks)*
6. Name the three stages of learning that a sports performer experiences whilst developing their skills and describe the characteristics of the level of performance associated with each stage. *(4 marks)*
7. Discuss the effects of industrialisation on sporting opportunities for working class. *(4 marks)*
8. Give reasons why female participants have improved opportunities to take part in sport in the early twenty-first century compared to the late twentieth century. *(4 marks)*
9. Basketball players need good cardiovascular endurance. State two classes of food that are most suitable for players who require cardiovascular endurance and explain why they are needed in their diet. *(3 marks)*
10. What are the psychological benefits of performing a warm up? *(3 marks)*
11. Using Newton's first law of motion, explain how a rugby kicker performs a conversion after a try in a game of rugby. *(3 marks)*
12. Name and explain one theoretical principle that a coach could use to change a negative attitude to a positive one. *(3 marks)*
13. Explain the different types of anxiety and use examples of how these can have a negative impact on performance. *(4 marks)*
14. Describe the process of effective goal setting in preparation to motivate a team during both training and performance. *(4 marks)*
15. Define and give examples of qualitative data research in relation to assessing an individual's performance within a game situation. *(2 marks)*



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NEA Guidance

Summary

As well as your written examination, you are required to complete an area of Non-Examined Assessment (NEA).

It is worth 30% of your final grade and requires you to complete the following:

- Be assessed in one sport of your choice (from the list) in a full competitive situation
- Complete a verbal/written analysis of performance.

This will be internally assessed and externally moderated.

Practical Performance (45 marks) (more details Page 15)

In your practical performance you will be assessed against the following assessment objectives

You will be assessed for all activities in the following skills:

Area of assessment 1: Technical quality – Aspect 1 (Attacking/Event 1) - 15 marks

Area of assessment 2: Technical quality – Aspect 2 (Defending/Event 2) - 15 marks

Area of assessment 3: Application of strategic/tactical awareness - 15 marks

Player/performer: Area of assessments 1 and 2

Detailed guidance explaining the relevant skills/techniques is outlined for each activity.

Player/performer: Area of assessment 3

You will be assessed on their execution and performance of the following considerations:

- General strategies employed to achieve the overall aim/objective
- Specific tactics that help achieve the strategies/decision making skills game or performance plans related specifically to attacking and defensive play
- Specific set plays to outwit an opponent
- Ability to modify and execute changes as required either due to personal analysis of the situation or via the instructions of a leader/coach.

Written/Verbal Analysis of Performance (45 marks) (more details Page 17)

You are required to analyse and evaluate, using your knowledge of the specification, a performance of a player in one activity from the specific list. This can be either your own performance or the performance of another person.

You can complete this in either:

- A purely written format or
- A combination of a written presentation with additional verbal explanation

You will be assessed on your performance analysis assessment in the following two skills



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Analysis (20 marks)
Evaluation (25 marks)

Your weaknesses must:

- Link to the core skills of the performance
- Be from area of assessment 2 and 3 (**NOT 1**)
- Be from a competitive context

You may choose just one cause/corrective measure (to show depth of knowledge or you may choose to discuss more than one relevant cause/corrective measure (to show breadth and depth)

You need to analyse a weakness from:

- AA2 (defensive/event 1)
- AA3 (strategies and tactics/Event 2)

The emphasis here is on your ability to identify weakness in your own performance or the performance of another, i.e. at A-level 2 weaknesses; 1 from Area of assessment 2 and one from Area of assessment 3.

You need to use your knowledge of the course in order to provide a detailed breakdown of the technique. You will need to discuss aspects from as many areas of the course as you can.



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Practical Performance (15% and 45 marks)

You will need to assume one role only. This can be either a performer or a coach. Your chosen sport **MUST** come from the agreed activity list (appendix 1)

Each sport has 3 areas of assessment. These can be classed as follows:

- **Area of assessment 1 (AA1)** which is your attacking skills/event 1 or dance 1
- **Area of assessment 2 (AA2)** which is your defending skills/ event 2 or dance 2
- **Area of assessment 3 (AA3)** which is your tactics and strategies or choreography.

For whichever sport you choose, there are several factors that must be taken into account:

- The performance must be done in a fully recognised version of the activity
- There are two exceptions
 - o Dance – must be in a formal setting with an audience
 - o Climbing – Must have natural features that challenge the climber

Each sport has a particular set of skills that will be used to form the basis of your assessment. For each sport, these are listed in appendix 2.

To summarise each area of assessment

AA1 and AA2

- How well you perform core and advanced skills in a fully competitive environment
- How accurate and successful these skills are
- The level of competition you are performing at
- The level of fitness you have for your activity
- The level of psychological control you have for your activity

AA3

- The level of motivation and commitment you show
- Your understanding and application of rules within your activity
- Your ability to use advanced strategies and tactics or the ability to compose routines for your activity
- The use of different skills and techniques to affect the performance

How to record evidence?

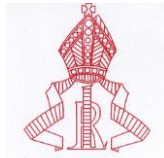
You (and it is your own responsibility, not ours) need to record yourself performing. You need to try and gather as much evidence as you can. This will provide you with the best opportunity to get the highest mark.

When recording yourself you need to follow these guidelines:



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- You need to be performing at your highest level
- It must be the full version of your sport (e.g. not 5 a side)
- It must be clear and you must be able to be identified
- You should stay in shot throughout performance but also use a wide angle so the examiner can see what is going on in the game
- You will need to include a commentary/narration of your evidence. A 'voice over' might be best.
- You will need evidence of all three Areas of assessment.



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Analysis and evaluation task (15% and 45 marks)

You will be required to analyse and evaluate your own or someone else's performance using appropriate theoretical content from the specification.

You can complete this in two ways

- A written piece of work (you will be doing this)
- A mixture of written and additional verbal explanation

Analysis (20 marks)

You need to analyse how well the person has performed in a fully competitive context.

You will need to identify one weakness from areas of assessment 2 and 3 only. Therefore you will need to pick a weakness in the defensive play and a weakness in strategies and tactics. You can choose more than one weakness and show breadth and depth of knowledge. THIS IS ADVISABLE TO ENSURE EVERYTHING IS COVERED.

When choosing a weakness you must remember to choose a skill. This is very important as your understanding of the technique used and the impact of weak technique on performance forms part of your assessment.

Try to use the following structure for your weakness

Person being analysed:	Activity performed:
Area of assessment:	Weakness identified:
Background information (where/when/what/how)	
Technical explanation of the weakness and the impact this weakness had on performance.	

Some points to consider when analysing

- Make sure your weakness is a skill.
- Use technical terms that are relevant to the activity
- Mention as many aspects of the technique as you can
- You must explain the impact of the poor technique on performance.
- You should reference an elite performer who you feel uses the perfect technique. Some comparison to this performer might help you fully explain the weakness you have.
- Use diagrams and pictures to help you.
- **Break it down into 3 sections: preparatory, execution, result/recovery.**



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It is worth spending time planning what you believe your weaknesses are in relation to your skill. Spend some time annotating some diagrams of either you performing or an elite performer.

Try to think about the following things

- Position of body parts
- What were they doing with their body parts
- How did this affect their performance?

Evaluation (25 marks)

For the weakness you have identified, you now need to suggest appropriate causes and corrective measures which have come from the theoretical content within the specification.

For example

- My weakness is **poor tackling in rugby** (I have explained what I am doing wrong with my technique and how this affected performance.
- My cause of this is the fact I am **over aroused**.
- My possible corrective measure is the use of **cognitive stress management techniques**.

If you have discussed more than one weakness you should only identify causes and corrective measures for only one weakness.

You have two options -

- You may choose one theoretical area for the cause/corrective measure (to show how well you understand the aspect of the theory)
- You may reference more than one relevant theoretical area for your cause/corrective measure (to show your knowledge across several areas and how they link together)



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Please see the flow chart on the next page to help you meet the criteria.

1. Decide what theoretical areas could explain why the weakness occurred.

2. Why does this explain why the weakness occurred?

3. The theoretical area is fully explained showing a full understanding

4. You have used more than the textbook to apply to the weakness.

5. The corrective measure it identified and explained

6. The corrective measure is fully applied to the weakness (how will it help improve the weakness)

7. You have used a high level of technical language and terms appropriate to the theory



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Summer NEA Preparation TASK

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

(SPECIFICATION - has all the details.)

Activity	Comments	Area of assessment 1	Area of assessment 2	Area of assessment 3
Kayaking (flat water) (white water)		Event/race 1 Down water skills	Event/race 2 Up water skills	Tactics and strategies
Lacrosse		Attacking skills	Defensive skills	Tactics and strategies
Netball		Attacking skills	Defensive skills	Tactics and strategies
Rock climbing	Can be indoor or outdoor	Climb 1	Climb 2	Tactics and strategies
Rowing		Bow side	Stroke side	Tactics and strategies
Rugby league	Cannot be tag rugby	Attacking skills	Defensive skills	Tactics and strategies
Rugby union	Can be assessed as 7's or 15 a side (not tag)	Attacking skills	Defensive skills	Tactics and strategies
Sculling		Race 1	Race 2	Tactics and strategies
Skiing	Outdoor/indoor on snow Must not be dry slopes	Race 1	Race 2	Tactics and strategies
Snowboarding	Outdoor/indoor on snow Must not be dry slopes	Race 1	Race 2	Tactics and strategies
Squash		Attacking skills	Defensive skills	Tactics and strategies
Swimming	Not synchronised swimming	Stroke/race 1	Stroke/race 2	Tactics and strategies
Table tennis		Attacking skills	Defensive skills	Tactics and strategies
Tennis		Attacking skills	Defensive skills	Tactics and strategies
Trampolining		Routine 1 (compulsory)	Routine 2 (voluntary)	Tactics and strategies
Volleyball		Attacking	Defensive skills	Tactics and strategies



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Activity	Comments	Area of assessment 1	Area of assessment 2	Area of assessment 3
Amateur boxing		Attacking skills	Defensive skills	Tactics and strategies
Association football	Cannot be five-a-side or futsal	Attacking skills	Defensive skills	Tactics and strategies
Athletics		Event 1	Event 2	Tactics and strategies
Badminton		Attacking skills	Defensive skills	Tactics and strategies
Basketball		Attacking skills	Defensive skills	Tactics and strategies
Camogie		Attacking skills	Defensive skills	Tactics and strategies
Canoeing (flat water) (white water)		Event/race 1 Downstream skills	Event/race 2 Upstream skills	Tactics and strategies
Cricket		Batting skills	Bowling/fielding skills (including wicket keeping)	Tactics and strategies
Cycling	Track or road cycling only	Event/race 1	Event/race 2	Tactics and strategies
Dance		Dance 1	Dance 2	Choreography
Diving	Platform diving	Six dive routine	Six dive routine	Tactics and strategies
Equestrian		Flat work	Jumping	Tactics and strategy
Gaelic football		Attacking skills	Defensive skills	Tactics and strategies
Golf		Short irons (7-wedges)/ putting	Long irons (driver-6 iron)	Tactics and strategies
Gymnastics	Floor routines and apparatus only	Piece of equipment 1	Piece of equipment 2	Tactics and strategies
Handball		Attacking skills	Defensive skills	Tactics and strategies
Hockey	Must be field hockey, not ice hockey or roller hockey	Attacking skills	Defensive skills	Tactics and strategies
Hurling		Attacking skills	Defensive skills	Tactics and strategies

Association football

Students will be assessed in their performance in the role of their choice across each area of assessment in the fully competitive context (cannot be 5-a-side or futsal).

Outfield player

Area of assessment	Core skills	Advanced skills
Area of assessment 1 – Attacking skills	<p>Outfield player.</p> <p>Receiving the ball – control using both feet and thigh.</p> <p>Passing – (dominant foot) – short and long – along the floor, lofted, chip and driven.</p> <p>Dribbling – close control, use of inside and outside of dominant foot.</p> <p>Shooting – short and long range with dominant foot.</p> <p>Half volley, header.</p>	<p>Outfield player.</p> <p>Receiving the ball using chest and head to control the ball.</p> <p>Passing – use of inside and outside of dominant foot.</p> <p>Use of non-dominant foot for short and long passes.</p> <p>Use of inside of non-dominant foot.</p> <p>Dribbling – use of inside and outside of non-dominant foot.</p> <p>Shooting – volley.</p> <p>Use of inside and outside of dominant foot to add spin/swerve/dip.</p> <p>Short and long range with non-dominant foot.</p>
Area of assessment 2 – Defensive skills	<p>Tackling – block, lunge.</p> <p>Heading – distance and height.</p> <p>Clearance – height and distance.</p>	<p>Tackling – slide.</p> <p>Clearance – ability to find teammate higher up the pitch.</p> <p>Heading – finding team mate with header.</p>
Area of assessment 3 – Tactics and strategies	<p>Role at corners.</p> <p>Set play.</p> <p>Role in formation.</p> <p>Tracking back.</p> <p>Man-to-man marking.</p> <p>Range of passing.</p> <p>Decision making – when to pass/dribble/shoot or decision making when to tackle/jockey.</p>	<p>Jockeying.</p> <p>Ability to play in two or more roles in a variety of formations (eg CDM role in 442 and CB in back four).</p> <p>Interception of pass.</p> <p>Zonal marking.</p>

TASKS:

1. Pick a sport from the list above.
2. Record footage of you partaking the sport in a competitive situation (Can't be edited yet/at least 30minutes).
3. You then need to pick a weakness from each area of assessment 2 & 3.
4. **For example:** If you look at the football specification I could pick the following weaknesses
 1. Weakness – Technical reasons linked to competitive example.
 2. Comparison – annotated comparison to elite performer
 3. Cause – Theory from course. Why is it a weakness?
 4. Corrective Measure – How will you correct this weakness?