**St Aidan’s and St John Fisher Associated Sixth Form**

**Y11 to Y12 Transition Work**

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| **Subject:** PE |
| **Topic(s):** Applied Anatomy and Physiology, Skill Acquisition and Socio Cultural Issues in Sport |
| **Independent Learning Task(s) to Complete:**  Evaluation and Analysis of Sport.   1. Select a sporting skill – For example; a long pass in football, a shot in netball, a tumble turn in swimming etc. 2. You must then find the following information about that skill:    * **Physiology:** Identification of joint type (s) and its movement range(s), identification of muscles involved and the type of movements and contractions.    * **Biomechanics:** Importance/relevance of Newton’s Laws in the performance and analyse lever systems in operation during the skill.    * **Psychology:** Classification of the skill/technique on the skill continuum and Information processing demands on the performance.    * **Socio Cultural:** Discuss the activity/sport observed in relation to one of the following three aspects:   1. Popular recreation  2. Public school athleticism  3. Rational recreation in the 19th century   1. Put this information into a document and bring to the first lesson. |
| **How it links to the Specification:**  This forms part of the EAPI task, which is a verbal piece of coursework worth 15% of the whole A-Level. The tasks represent some of the knowledge and concept areas that candidates could apply providing they are relevant to the performance observed. |
| **Resources (include any hyperlinks):**  All students are expected to have this textbook for the first year of the course:  [**https://www.hoddereducation.co.uk/subjects/sport-pe/products/16-18/ocr-pe-for-a-level-book-1**](https://www.hoddereducation.co.uk/subjects/sport-pe/products/16-18/ocr-pe-for-a-level-book-1)  We recommend using this to find the information, along with other forms of research including; alternative textbooks, internet and the PE review Journal. |
| **Additional Information:**  If you need any more information or help then please contact Mr Strover at St Aidan’s or Mr Pass at St John Fisher before the end of term (19 July). |
| **Deadline:**  5 September 2019 |