

St Aidan's and St John Fisher Associated Sixth Form

Y11 to Y12 Transition Work

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.
3. Put this information into a document and bring to the first lesson.
4. **Socio Cultural:**

Task 1: Research 3 of the following Olympics and describe in a table how these games were politically exploited.

 - a) Berlin 1936
 - b) Mexico City 1968
 - c) Munich 1972
 - d) Moscow 1980
 - e) L.A 1984

Task 2 - Hosting the 2012 Olympics in London.

Think about the benefits and drawbacks of hosting a global event such as the Olympics.

Write a newspaper article to demonstrate the impact of hosting the Olympics by London in 2012.

In order to help you complete the tasks, we have an online resource called The Everlearner (www.theeverlearner.com). Please email j.strover@staidans.co.uk in order to be given an account. This will allow you to access videos and tests on all of the topics above. We would like you to have watched the videos and completed the tests for the following topics:

Physiological Factors: All of the videos and tests in the Skeletal and Muscular Systems section.

Biomechanics: The videos and tests in the Biomechanical Principles section and the Levers section.

Psychological Factors: In the Skill Acquisition section, complete the videos and tests for Classification of Skill and Processing.

Sociocultural Studies: All the videos and tests in the Sport and Society section on Olympic Games.

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 pupils 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>

We recommend using this to find the information, along with other forms of research including; alternative textbooks, internet and the PE review Journal.

Please see above about access to The Everlearner.

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.

Deadline:

Start of September term.