

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
<p>Independent Learning Task(s) to Complete: Evaluation and Analysis of Sport.</p> <ol style="list-style-type: none"> 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: <ul style="list-style-type: none"> ○ 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: <ol style="list-style-type: none"> 1. Popular recreation 2. Public school athleticism 3. Rational recreation in the 19th century 3. Put this information into a document and bring to the first lesson.
<p>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.</p>
<p>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</p> <p>We recommend using this to find the information, along with other forms of research including; alternative textbooks, internet and the PE review Journal.</p>
<p>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 (19th July).</p>
<p>Deadline: 5 September 2023</p>