

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.

Development of sport Research

From Year 11 ➡ Year 12

Welcome to A-Level PE! To help you prepare for the course, we've put together a summer task that will introduce you to key areas of the subject. Please complete all parts and bring your work to your **first lesson in Year 12**.

Task 1: Choose a Sporting Skill

Pick one specific skill from a sport you enjoy or play. Examples include:

- A long pass in football
- A shot in netball
- A tumble turn in swimming
- A serve in tennis
- A lay-up in basketball

Task 2: Research and Analyse the Skill

Break your analysis into the following sections:

A. Physiology

- Identify the **joint types** involved and their **range of movement**
- Name the **muscles** used during the skill
- Describe the **types of movement** (e.g., flexion, extension) and **muscle contractions** (e.g., isotonic, isometric)

B. Biomechanics

- Explain how **Newton's Laws of Motion** apply to the skill
- Identify and describe the **lever systems** used during the movement

C. Psychology

- Classify the skill using the **skill continuum** (e.g., open/closed, simple/complex)
- Describe the **information processing model** and how it applies to performing the skill

Task 3: Present Your Work

- Compile your findings into a **typed or neatly handwritten document**
- You may include diagrams or labelled images to support your explanations
- Bring this to your **first A-Level PE lesson**

✓ **Task 4: Socio-Cultural Origins of Modern Sport**

📖 **Topic 1: Pre-Industrial Britain and the Origins of Sport**

In pre-industrial Britain (before 1800), sport was:

- Violent and unregulated
- Played by the lower classes
- Linked to local customs and festivals
- Played in rural areas with few rules

Your Task:

Create a **fact sheet** with **5 key features** of sport in pre-industrial Britain.

Use headings like:

- Who played?
- What were the games like?
- Where were they played?
- What were the rules?
- What was the purpose of playing?

🏠 **Topic 2: The Role of Public Schools in the Development of Modern Sport**

In the 1800s, elite public schools (like Eton, Rugby, Harrow) helped shape modern sport. They:

- Introduced rules and structure
- Promoted teamwork and leadership
- Linked sport to moral and character development
- Spread sport through the British Empire

Your Task:

Create a second **fact sheet** with **5 key ways** public schools helped develop modern sport.

Use headings like:

- Why did public schools value sport?
- How did they change the rules?
- What sports were developed?
- How did they spread sport?
- What values were promoted?

📚 **Helpful Resources**

Here are some useful websites and videos to support your research:

- **BBC Bitesize PE:**
<https://www.bbc.co.uk/bitesize/subjects/>
- **TeachPE.com:**
<https://www.teachpe.com>
- **PE Scholar:**
<https://www.pescholar.com>
- **YouTube Channels:**
 - Craig n Dave PE
 - The PE Tutor
 - The EverLearner



Final Tips

- Choose a skill you're familiar with—it'll make the analysis easier and more meaningful.
- Keep your notes organised—you'll use this work in your early lessons.
- Ask your PE teacher if you need help or clarification.

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:

[PE and Sport Workbooks and Resources | Hachette Learning](#)

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 (19th July).

Deadline:

5 September 2025