

**Physical Education – A-Level PE**

**Year 12 Preparation Task**

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| **Key Info**  **Studying A-Level PE your lessons will be divided between three teachers based on the three individual papers covering a wide range of sporting aspects and developments:**  **Paper 1 - Physiological factors affecting performance**  **Paper 2 - Psychological factors affecting performance**  **Paper 3 - Socio-cultural issues in physical activity and sport**  **As such, your there are three separate preparation tasks to complete below, to best prepare you for each individual lesson accordingly.** | | |
| **Week beginning: July/Aug 2023** | **Expected completion time:**  **2-3 hours** | |
| **Activities to be completed** | **Location of resources** | **Additional resources/support** |
| **PAPER 1 TASK**  Topic Area Content: Biomechanical principles   1. Define and apply Newton’s laws of motion: 2. Newton’s first law: inertia 3. Newton’s second law: acceleration 4. Newton’s third law: reaction   Begin to understand how Newtons Laws can affect sporting action ie/ how we kick a ball, hit a ball, start a sprint race etc.  PhilStart2  **PAPER 2 TASK**  Topic Area Content: Skill Acquisition – Classification of Skill   1. Research the 6 skill classifications needed for OCR A Level PE and identify the name for each end of the continuum. 2. Define the 12 ends of the continuums. 3. Draw the 6 continua’s and provide two practical skills which demonstrate each end of the continuums. 4. Justify your placing on the continua’s.   **PAPER 3 TASK**  Topic Area Content: Sport in Pre-Industrial Britain   1. Research what and when is Preindustrial Britain. 2. Research who were the upper class and who were the lower class in Preindustrial Britain? 3. Identify and describe 3 sports which were played by the lower class and 3 sports which were played by the upper class in Preindustrial Britain. 4. Describe ways that the availability of time affected participation in pre-industrial sport. 5. Describe ways in which levels of education and literacy affected participation in sport in pre-industrial Britain. 6. Describe the ways gender affected participation in sport in pre-industrial Britain | Everlearner  External candidates won’t have email to add to Everlearner.  BBC Bitesize (OCR A-Level PE)  OCR A Level PE PowerPoints which is on the OCR website  BrianMac.com |  |
| **Work to be submitted:**  **For all of the above tasks bring your notes, activities and answers to your first lesson where your teachers will commence the unit around these topics and embed your work completed.** | | |