

## Chesterton Sixth Form A Level PE

### Transition work- Y11-Y12

1. Select a performance or movement of an elite athlete (e.g. a footballer taking a free kick; dive at the start of a swimming race; badminton overhead clear) and analyse the performance from the following stances:
  - Anatomy and physiological (which muscles are creating movement; what are the articulating joints; what type of movement is occurring at each stage of the performance).
  - Biomechanical; why is the performer moving in a certain way. Consider the following biomechanical elements: aerodynamics (of the performer and/or equipment); lever systems; and angular motion of the performer as a whole or particular limbs.
  - Psychological elements of the performance, consider the stressor factors involved in the movement/performance (what are the environmental stressors of the situation, and what how might the performer try to eliminate the stressors?)

This can be presented in any format of your choosing, for example an essay, website, annotated story board. To be submitted in September. If you require any support, email: [jmepham@ccc.tela.org.uk](mailto:jmepham@ccc.tela.org.uk)

2. Start to compile a highlights reel of your own sporting performance/coaching, this should include short video clips of you performing/coaching a range of elements of your chosen sport. Try to capture 3 movements/skills/concepts in your sport and review each of them in terms of sporting performance (e.g. what is being performed well, what aspects require improvement and why).

This should be submitted in video format, with relevant annotation or supporting rationale.