



Allestree Woodlands School Transition Booklet Physical Education



GETTING READY FOR A LEVEL PHYSICAL EDUCATION

We are pleased to welcome you to the Physical Education Faculty at Allestree Woodlands School. This may be a new start for some of you or for others a continuation of your studies with us. For all students we are very much looking forward to taking the journey with you. Staff you will meet on the course are as follows.

RTO – R.thornton@woodlands.derby.sch.uk

TC- t.cleveley@woodlands.derby.sch.uk

LPB L.palmer-blount@woodlands.derby.sch.uk

In order to be fully prepared for the course in September we have produced this booklet that must be completed over the Summer term and holidays. There are a number of tasks that can be completed on a weekly basis.

GETTING ORGANISED FOR THE A LEVEL COURSE

Please get yourself some ring-binder files, plastic wallets and dividers for the different topic areas that you will cover. Please ensure that you have suitable PE kit for practical work.

TASK ONE

Decide upon your practical activity for assessment and begin to build up a body of knowledge by checking out the relevant governing body website. E.g. [LTA – THE LAWN TENNIS ASSOCIATION](http://www.lta.org.uk)

In the table below- From your chosen sport identify two perfect models eg SERVICE IN TENNIS. Then identify your strengths and weaknesses by comparing yourself to the perfect models that you have produced.



IDENTIFIED SPORT -.....

<u>SKILL ONE</u>	<u>SKILL TWO</u>
<u>PERFECT MODEL</u>	<u>PERFECT MODEL</u>

<u>MY STRENGTHS</u>	<u>MY STRENGTHS</u>
<u>MY WEAKNESSES</u>	<u>MY WEAKNESSES</u>



TASK TWO –THE OLYMPIC GAMES



The Olympc Games	Political Exploitation
Berlin 1936 –The Third Reich Ideology	
Mexico City 1968-Black Power Demotration	
Munich 1972- Palestinian Terrorism	
Moscow 1980 – Boycott lead by the USA	
Los Angeles 1984- Boycott lead by the Soviet Union	

In the table above research the background and what lead to the political situation at each Olympic games. Bullet point you answers.



TASK 4 –DRUGS IN SPORT

Explore drugs and doping in sport- give your opinion

Legal supplements versus illegal drugs and doping

Reasons why elite performers use illegal drugs/doping

The implications to the sport/performer/society of using illegal drugs/doping

Strategies to stop the use of illegal drugs/doping

TASK 5 – JOINTS, MUSCLES AND MOVEMENTS

In preparation for work on movement analysis look at the joints below and research what movement takes place there and what muscles are involved. The elbow is completed for you

SHOULDER	
ELBOW	Flexion and extension Wrist flexors and wrist extensors
WRIST	
HIP	
KNEE	
ANKLE	

TASK 6 – PHASES OF LEARNING

Identify and research the three phases of learning.

Which phase are you?

TASK 7 – WIDENING YOUR KNOWLEDGE

Try to read a newspaper every week (at least) and cut out articles on sport that you think may be relevant to your course-there should be lots generated from the Olympics- Russian ban, doping, excellence etc. and the European Cup-violence etc. Cut out the articles and keep them in a plastic wallet ready to use during the year

HAVE A GREAT SUMMER AND WE LOOK FORWARD TO SEEING YOU IN THE AUTUMN TERM.

The exam board we use is OCR. I would advise getting a text book. The ones we use are from Hodder Education

OCR A LEVEL PE For A Level year 1 ISBN
978-147-1-85173-5

OCR A LEVEL PE For A Level year 2 ISBN
978-147-1-85174-2