

CHARTER ND/ED A LEVEL PE
SUMMER HOMEWORK BOOKLET

AQA



Physical Education

Hard work beats talent
when talent doesn't work hard.
Tim Notke

"I hated every minute of training but I said, 'Don't quit. Suffer now and live the rest of your life as a champion'." - Muhammad Ali

"Some people want it to happen, some wish it would happen, others make it happen."

Task 1

Define and create a glossary page for the following keywords.

Anticipatory rise	Vascular shunting Vasodilation	Vasoconstriction
Sympathetic nervous system	Parasympathetic nervous system	Chemoreceptor
Proprioceptor	Baroreceptor	Haemoglobin
Myoglobin	Oxyhaemoglobin	Blood pressure (systolic and diastolic)
	Venous return	

Task 3.1:

6.3 - Global Sporting Events.

Produce a PowerPoint on **ALL** of the past Olympics below.

You may create this electronically (e.g. PowerPoint or a Video) or it can be completed as a poster. Try and make it as interesting as possible! Images and videos etc...

- Berlin 1936 – Reich Ideology
- Mexico City 1968 – ‘Black Power’ demonstrations
- Munich 1972 – Palestinian terrorism
- Moscow 1980 – Boycott led by the USA
- Los Angeles 1984 – Boycott by the Soviet Union

Task 3.2:

Watch ‘The English Game’ on Netflix



Practical Performance Task:

Practical Performance Start to think about which ONE sport you will choose as your practical activity.
This will count as 30% of your final A Level PE grade.

You should be training and performing/competing regularly out of school. If you are not already a member of a club outside of school, you need to research local clubs and look into joining.

TASK: Write a diary/timeline which includes: The Sporting competitions you competed in during Year 11 and over the summer holidays. Also plan for what competitions you have coming up this academic year
September 2023 – July 2025.

Sports	Date	Competition? Result? Score? Performance? Was it filmed?

If you have any questions, then please email: Mr Heath – reath@charternorthdulwich.org.uk

Work should be returned in the first lesson in September