

## **An introduction to A-Level PE...**

We are looking forward to getting started on the PE A-Level with you in September, a challenging and rewarding course that we are sure you are going to love. This will hopefully give you even more of an introduction as to what you will be taking on. We have prepared several activities for you to work through and given you some other ideas for additional reading and research. Use the next few months to look through these and bring along anything you have done to your first few PE lessons in September.

At King Edward VI, we study the OCR exam board for A-Level PE and use the textbooks listed below as support resources during the course. We usually give students the textbooks to borrow during the course; however, you may/may not wish to purchase them given the different circumstances that we are faced with at the minute. If you didn't purchase the textbooks, they will be available to borrow in September (assuming we are back in school) as normal.

Click the link below to access the OCR Specification, I have listed key pages for you to have a look at:

<https://ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

Overview of the course – page 10 (this outlines how you will be assessed)

Specifications (these tell you the course content – you may wish to print these and start your folders). We start our course in Y12 with paper 1 & paper two topics. I have outlined the topics below and explained where in the specification you can find the course content.

- Anatomy, energy, physiology, injury & biomechanics – page 13-27 of the document (all of this content will be examined in PAPER 1)
- Psychology & skill – page 28-32 of the document (all of this content will be examined in PAPER 2)

Sports – for A-Level, you will need to specialise in ONE sport, participating regularly and if possible competing in this sport to a good level. The list of sports that are recognised for A-Level PE can be found in the practical specification (page 38-39):

<https://ocr.org.uk/Images/234840-guide-to-non-exam-assessment-as-and-a-level.pdf>

You can find specific details about your sport from page 40 onwards, the sports are listed in the order of the table you have accessed above.

If you are a performance sport, such as swimming or athletics, you can find the grading for these sports in the performance tables from page 102 onwards.

## Tasks

1. Once you have found the specific details about your main sport (Page 40 onwards from the non-exam assessment) choose 3 skills from the list of core and/or advanced skills.
  - Write the perfect technical model (coaching points) for these skills.
  - Describe one drill you could use to practice each of these 3 skills
2. Course content – if you have managed to print the course content for PAPER 1 and PAPER 2, you can do this task with a highlighter (or many highlighters depending on how you like to work). If you do not have access to a printer, you can do this task by writing a list. Either highlight or list the topics in each paper, using a form of traffic light system:
  - For example, RED (no knowledge), ORANGE (some knowledge) & GREEN (studied before and really understood it. There is no need for these colours to be used, as long as you know your code. If you are writing a list, I would have three columns with the traffic light colours at the top and add each topic to the appropriate list.
3. Extended task – this task will cover different topic areas from both papers. Take your time and research any topic areas where you have not studied the content before, or you struggled to understand it when you did GCSE/BTEC at key stage 4.

### **Scenario**

You are unable to participate in your sport (choose the one you will use for A-Level PE) because of lockdown and social distancing. You need to make a plan to ensure that your physical level of performance does not decrease to much during total lockdown and prepare for how you will resume training once lockdown is removed and social distancing measures are lifted so that competitive sport is allowed once again. As part of this, you also need to consider psychology of sport, including adding structure to what you do via goal setting. Work through the steps below, using your sport for examples where appropriate.

There is no minimum or maximum amount of time

- a) STAGE OF LEARNING (Skill acquisition – PAPER 2) – reflect on your own performance level. Consider the following three stages of learning...  
What stage of learning would you be at? Can you explain why you are at this stage of learning?

GOAL SETTING (Sport Psychology – PAPER 2) – Use the following link to theory behind goal setting: <https://www.educationplatform.co.uk/extract/9fba32cae40bd79e6d397b5ef893ac2733ce/c68632ca68e9a825a859890e76f9b7444b70>. There are three main phases in this scenario:

- Lockdown
- Social distancing (most competitive sports will remain postponed at this point but you may be able to do some sport specific training with social distancing alongside other training)
- Return to competitive sport (this will be a bit like pre-season training)

- b) Set a SMART goal (Sport Psychology – PAPER 2) for each of the **three phases** specific to your sport and what you want to achieve. Your ultimate long-term goal is to return or surpass your match/performance fitness at the point when competition is allowed again. This is a SMART goal because it is specific to your levels, measurable, with careful planning it is achievable, and it is time-phased (but lacks clarity here because we currently do not have a time frame.)
- c) Anatomy (PAPER 1) – have an awareness of the major skeletal muscles in the body. In addition, an awareness of the types of synovial joints at the elbow, knee, hip, wrist and shoulder. Describe the key muscle groups that you use for your sport. What types of joints exist around the key muscles you have listed above.
- d) Training programmes (PAPER 1) - training programmes are designed to meet the specific needs of an individual performer. Find out what the training principles are. Consider the three phases, what principles might you apply in each stage and think of some ideas of how you might implement these in order to maintain a level of performance.
- e) In competitive sport, the mind game is as important as the physical side of the sport as the power of the mind can be the difference between success and failure. When in a competitive situation, every performer experiences changes in the body, it is how they respond to these changes as to whether a performance is successful or not (Sport Psychology – PAPER 2). For example, the hormone, adrenaline, is released at the start of a performance causing the heart rate to increase, quite often at a rapid pace. Some performers use this adrenaline to prepare and be ready for their performance, whereas others feel jittery and anxious leading to a lower level of performance. You are now in the phase where you can return to competitive sport and this is your first game/ performance. Choose two of the following strategies to control stress and describe how you would use them to enhance your first performance back:
- Positive thinking/ self-talk
  - Imagery
  - Mental rehearsal
  - Breathing control
  - Music

You will be able to find examples/methods of each one using a search engine. For example, type into Google 'example of imagery in sport' or 'how breathing can help sports performance'. There may be examples you can work through on YouTube.

4. Additional reading & resources you may find useful;
- <https://www.brianmac.co.uk>
  - [www.peaksports.com](http://www.peaksports.com)
  - National Governing body websites; eg; The FA [www.thefa.com](http://www.thefa.com) The RFU [www.rfu.com](http://www.rfu.com)
  - The BBC Sport app and website is also another useful resource.
  - All sports magazines offer a view on performing, coaching, training, current issues or history of sport.

- National newspapers. The sports pages report global events and cover the biggest issues.
- We would advise you to watch some sports films while you have some time to do so. See below for some suggestions available on YouTube...
  - [Tom Brown's Schooldays \(2005 version with Stephen Fry\)](#)
  - The English Game - History of professionalism (Netflix)
  - ['Catch me if you can' - BBC Panorama investigation into drugs in sport.](#)