

AS and A-level Physical Education

Specifications

 <p>AS Physical Education (7581) Teaching from September 2016 Exams from June 2017</p>	 <p>A-level Physical Education (7582) Teaching from September 2016 Exams from June 2018</p>
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Please present each task in a **folder** or **workbook**, this is to be handed in at the start of the course in September to your teacher.

Try to get into the habit when answering the tasks to:

Point:

Evidence:

Explain:

Use connectives to help you construct your answer: Firstly, On the one hand...Similarly...In contrast..However.. Alternatively..Finally...For example...consequently...to conclude.

Command words:

Discuss: Present key points about different ideas or strengths and weaknesses of an idea.

Evaluate: Judge from available evidence

Explain: Set out purposes or reasons.

Research: To study in detail, discover and find information about.

Introduction: Produce an A 4 presentation of yourself, include:

Action photo of yourself, who is your role model (explain why), your sporting history, achievements, level of performance, dedication to your sport and aspirations.

Finally conclude what sport that you wish to be examined on in 2022.

Task 1

Use the 7582 specification to familiarize yourself with the spec, section by section, start to put together a glossary, not too much, just familiarise yourself with key words / phrases etc.

The following site will may be of help you to understand some of the terminology that you will use during the course.

Websites: Brianmac and Teach PE.

James Morris Webinars.

Task 2:

Watch 'The English Game' on Netflix: Using the following points, see if you can explain the key points that has led to the football that we see in the premiership.



Consider:

Development of Football.

Impact of the factories.

Professionalism.

Role of the class system.

Transport and communication.

Role of NGB's

Task 3:

When training athletes should consider their diet.

Watch the following documentary, highlight the main points made from the film.

Research what a balanced diet is in GCSE or BTEC, evaluate whether you agree with the points made.



Task 4: Discuss this article written on the BBC sport Website.



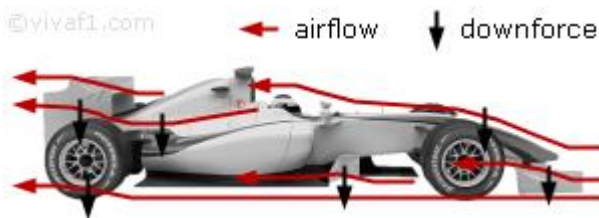
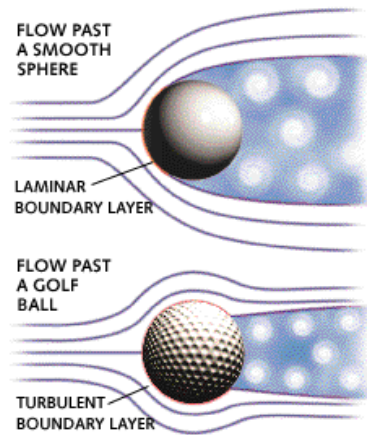
Top-flight players should take pay cut, says health secretary Hancock

Task 5: Discuss the impact of the postponement of the 2020 Tokyo Olympic games due to the Coronavirus pandemic on the **athletes**, the **media**, the **spectators** and the **governing bodies**. How will it affect each of these groups?



Task 6: Fluid mechanics – This is the study of how an object travels through a liquid or a gas. As the object travels through the fluid, it is slowed down by friction or drag.

Pick a sport of your choice and evaluate how friction or drag impacts the motion of an object. Interesting sports to investigate on this topic are cycling, swimming, motor sports, skiing or anything where a projectile is thrown / kicked through the air.



Task 7:

Aggression in sport.

Watch this two youtube clips of Ben Flowers and Joe Marler breaking the laws of Rugby Union:

<https://www.youtube.com/watch?v=sxFuREgqUSE>

https://www.youtube.com/watch?v=BnRrEqh_1Bg

Discuss whether you think either of the actions is worse behavior, and what you think the National Governing Body should do to discourage such actions.

Suggestion for success:

Try to think about what their motivation for their actions were.

Task 8: Sports Psychology.

The graph below show the PROFILE OF MOOD STATES sometimes referred to as the iceberg theory because of its shape.

Find three sportsmen or sportswomen that DISPROVE this theory.

Suggestion for success:

- 1) Clearly define what each of the 6 different personality TRAITS are before beginning to search for examples.
- 2) Focus on the shape of the graph, and which traits successful athletes score highly in.

