



# Hinchingsbrooke School

*Hard Work • High Standards • Kindness*

## **A Level Physical Education** **Year 12 Transition Work 2023**

Please complete each task in your PE workbook which is to be handed in to Mrs Jago at the start of your course in September.

When answering the tasks, try to use the following structure:

- Point
- Evidence
- Explain

Use connectives to help you construct your answer e.g., firstly, on the other hand, similarly, in contrast, however, alternatively, furthermore, finally.

Please present your work neatly, using headings and dates and underlining the titles with a ruler.

**All students should complete the Introduction task and Task 1. Please also choose a minimum of TWO further tasks to complete.**

**Introduction:** Produce an A4 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 year 13, 2025.

### **Task 1**

Use the 7582 Specification to familiarize yourself with the content of the course section by section. Identify which topics you are excited to learn more about, and those which you identify as being your weaker areas.

Use this link to access the specification:

[AQA | A-level | Physical Education | Specification at a glance](#)

**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 documentary "The Game Changers" on Netflix, highlight the main points made from the film.

Research what a balanced diet is according to what you learnt at GCSE or BTEC and evaluate whether you agree with the points made.



**Task 4:** Discuss this article written by the Guardian Newspaper on wages of elite footballers in Wales. What are the consequences of this agreement to Welsh football?

<https://www.theguardian.com/football/2023/jan/18/wales-mens-and-womens-football-teams-to-get-equal-pay-after-deal-agreed>

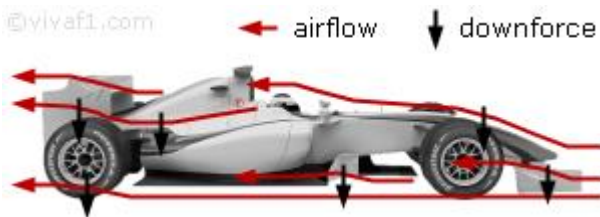
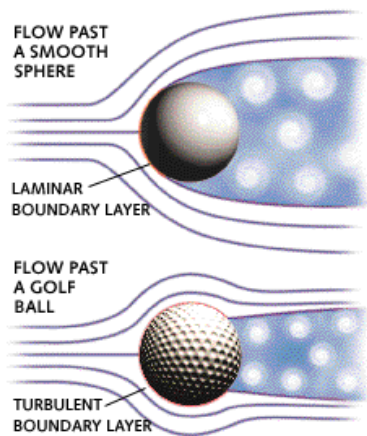


**Task 5:** Discuss the impact of the postponement of the 2020 Tokyo Olympic games due to the Coronavirus pandemic on the **athletes**, the **media**, the **spectators** and the **governing bodies**. How did it affect each of these groups?



**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](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.