

## PE A Level

You will be studying **PE A Level - AQA** exam board.

It is important that you familiarise yourself with the course specifications over the summer, in order that you are ready to embark on your KS5 journey from day one.

**For course specification: [Please click here](#)**

Here are the details of your summer bridging work for PE. This will need to be completed and submitted in **your first PE lesson in September**. The bridging work will contribute to **your first subject report at the end of September**.

### Subject Overview

Students will explore contemporary issues in modern sport and recreation as well as examining the effects of exercise and the relationships between training and performance. Students will enhance their understanding of how elite performers prepare for sports competition as well as finding ways to improve their own performance in selected roles through their greater understanding of the subject.

The sections covered within the course are anatomy & physiology, skill acquisition, sport & society, physiology & biomechanics, sport psychology, and the role of technology. A-level PE lessons continue to focus on the assessment objectives that are required to succeed at GCSE, relating to AO1 (knowledge of the material), AO2 (application of the material to relevant contexts) and AO3 (analysing and evaluating the material).

The use of flipped learning is widespread throughout the course so that lesson time can focus on exam application. Students who have completed A-Level PE have progressed onto careers in teaching, sports coaching, sport development, leisure management, and sports design, as well as physiotherapy and sports psychology. The new specification has an emphasis on physiology as well as quantitative analysis which lend themselves to further study or specialisation in Biology and Mathematics.

### Task 1:

For each of the following terms, research and outline key information. For each term you must ensure that you **DESCRIBE (AO1)** and **APPLY/ GIVE EXAMPLES (AO2)**.

• Cardiovascular drift	• Operant conditioning	• ATP-PC system
• Proprioceptive neuromuscular facilitation (PNF)	• Rational recreation	• Onset blood lactate accumulation (OBLA)
• Transfer of learning - positive, negative, zero, bilateral	• Glycogen loading	• Whiting's information processing model
• Massed practice	• Newton's First Law	• Olympic Oath
• Learning plateau	• Frustration-aggression hypothesis	• Dartfish
	• Evaluation Apprehension	

# Summer **Bridging Work**

## Task 2:

**Identify & describe** three examples from contemporary sport of the following issues:

- Performance Enhancing drugs
- Use of technology
- Gamesmanship v Sportsmanship
- Sponsorship
- Violence/ hooliganism
- Choking

## Useful Links/Contacts

<https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/specification-at-a-glance>

<https://www.bbc.co.uk/sport>

<https://www.teachpe.com/a-level-pe-revision>

<https://www.youtube.com/watch?v=aYrOWt8uxwY>

<https://www.youtube.com/watch?v=33aPTZrpOzM>