**Year 11 into 12 Transition tasks for A’ Level PE OCR**

 A Level PE is taught and examined in 3 topics areas (plus 30% coursework):

**1. Physiology 2. Social and Cultural 3. Psychology**

On the next 4 pages you will find your transition tasks to support your step up to A’ Level PE. The first two tasks should be completed first and they will be required for your interview for Sixth form – please bring these tasks with you or email them to Mr Ely and Miss Meekcom the day before if you cannot print them in the current climate.

bely@kingswoodsecondaryacademy.org smeekcom@kingswoodsecondaryacademy.org

All the other tasks need to be handed in at the start of term in your first lesson back. In the present situation, you can email them for the first day back and then print them in school when you have access to print. We know you will not have printers at home. Remember this is your chance to make a good impression!

**PHYSIOLOGY**

 This is the biggest part of the course and the syllabus is split into three main areas:

* Anatomy & Physiology
* Exercise Physiology
* Biomechanics
* **Transition TASK 1**

Find a LARGE action picture of a sportsman/woman

Add the following labels to your picture (it is up to you how you do this but keep it as neat as possible)

a) Label as many bones as possible b) Label as many joints as possible c) Annotate the movement that is occurring at the joint (i.e. flexion, extension etc) and indicate the direction of the movement d) Label as many muscles as possible

* **Transition TASK 2**

I want you all to think about competing in a big sporting event within the next year. For those of you that compete in sports e.g. football this may be a cup final etc. For those of you that do not you may like to think about a running event (race for life / half marathon etc.) or another event (school aquathon / swimathon / walking expedition / triathlon / bike ride / tough guy etc.) to give yourself a personal challenge. Your task is to design a 4-week training programme for that event.

* **Transition TASK 3**

Design a poster to explain the difference between the 3 types of lever (1st class / 2nd class / 3rd class).

**Email** Mr Gamble or Mr Hope if you need help for this section:

mgamble@kings........as above

phope@kings..............as above

**PSYCHOLOGY Transition tasks**

Psychology in A ‘level PE covers two areas of Skill acquisition and Sports Psychology which ranges from topics of skill learning to aggression and anxiety. To help you get started we have set some reading and tasks for this area.

* **TASK 4** Using the link below read the summary of Matt Syed’s book ‘Bounce’ and make notes:

 <https://blog.12min.com/bounce-summary/>

Then answer the 3 questions below on paper.

1. Mozart Wasn’t a Prodigy: He Just Practiced a Lot

How does the point above reinforce the idea that sports people need to practice:

2.      You Need Motivation to Succeed – and Sometimes It Can Be Something Trivial

Research the two main types of motivation and use examples to state how the vast amounts of money being pumped into professional sport could be ruining it.

3.      Learn How Not to Choke Under Pressure

How do sports men and women use different techniques to cope with pressure I.e. visualisation, mental rehearsal?

* **Transition TASK 5** Answer the questions below:

**Q A** What are the 3 factors used to define skill at A ‘level standard?

**Q B** Copy out the continuums below on paper. Then research and explain each end for the 6 continuums.

Next plot 3 sports on each continuum (they ca be different ones for each contiua.

**The six skill continua are:**

1. **Environmental Influence continuum.**

Open- Closed

**2 Muscular Involvement continuum**

Gross Fine

**3 Continuity continuum**

 Discrete- Serial Continuous

**4 Pacing continuum**

Self Externally paced

**5 Difficulty continuum**

Simple Complex

**6 Organisation continuum**

High- Low

**Email** Miss Meekcom if you want help with this area smeekcom@kings.......... As above

**SOCIO-CULTURAL STUDIES transition tasks**

The following tasks are designed to introduce you to the contemporary issues surrounding sport in the UK. You may wish to locate the information you need from newspapers, magazines, television programmes or the internet. If you search the internet make sure that the sites you are using are reputable and that all sources are referenced i.e. you state the website address or the newspaper and date that you gathered the information from there.

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* **Transition TASK 6**
* Find and keep an article on the following subjects:
* Drug taking in sport
* Violence in sport (players or spectators)
* Increase in sedentary lifestyles or initiatives to reduce sedentary lifestyles
* Sport and Public (private) Schools.
* **Transition TASK 7**

Brazil has hosted the Football World Cup. The Olympics was also in Rio De Janeiro. Brazil is a country with lots of social problems and both events cost millions of pounds to stage.

During both of these events the worlds spotlight was on Brazil. The term used is the shop window effect - everyone is looking in.

What benefits has Brazil gained from hosting these events? What are the negative effects of hosting? What is your understanding and opinion of Brazil as a nation?

Q Write, in your own words (do not cut and paste from the internet) a short essay answering the above questions.

**Email** Miss Copson or Miss Hobbs- Rex if you want help with this area acopson@kings …..as above

 jhobbsrex@kings....as above…..

**Practical/Coursework**

You will need to be playing or coaching one sport outside of school for A ‘level PE. No lessons will be practical sport in school so you will have to continue/join/coach a team outside of school if you do not already (coaching could be a school team if this agreed by a member of the PE staff – email one of us if you want to discuss this).

**Transition Task 8 :** You will need to print and read the practical criteria for your chosen sport (which will be checked first lesson back) and this can be found using the link below:

<https://www.ocr.org.uk/Images/234840-guide-to-non-exam-assessment-as-and-a-level.pdf> Page 36 has the index for the sports you can choose from so print your sport off (if you can).

Page 16 is the coaching criteria.

**Transition Task 9** You need to write a profile of about you sporting success in the sport you are going to coach perform. Include :

* Team/Club played for including league level – Eastern Premier league or County selection.
* Position and experience – number of year, other teams played for.
* Highlights – Finals, awards.
* 3 strengths and 3 weaknesses with justification of why.
* A personal /team goal for the year in your coaching /performing.

**If /when you get back to playing sport before September take a 15 minute** recording of you playing/performing in the sport. This should be training/competition ideally but if this is not possible then performing drills/skills will be ok.

**Cricketers, Athletes or summer performers -** you will need evidence of stats and times/distances in competition if Sport is up and running before September.

Print of information if it is stored on the website and video at least one competition if you get back to sport before September.

You must introduce yourself on the video first and it cannot be edited. For cricket you may need to take 15- 20 minute clips in a game when you are in key positions/action points ie batting/bowling or fielding in the slips for a certain bowler.

**Email for help here =** **acopson@kings....as** **above or smeekcom@kings...as ….above.....**

***Reading:***

Research should take the form of a daily commitment to reading and watching coverage of sporting events and competitions.

**Recommended web reading** (right click on the blue hyper link and then select open hyper link)

<https://www.skysports.com/football/story-telling/11096/11889686/sports-moments-of-the-decade-sergio-aguero-ben-stokes-lewis-hamilton-and-more>

<https://www.givemesport.com/1528880-live-graphic-shows-the-worlds-highest-paid-athletes-between-1990-and-2019?utm_source=related&utm_medium=web-view&utm_campaign=manual>

**Films worth watching (not all pick at least two and note any key points in them)**

* Remember the Titans (American football Denzil Washingon )- group dynamics (year 13 topic) on Amazon and You tube
* The English Game (Football) on Netflix
* Redeemed and Dominant (Drugs and fitness) on Netflix
* Formula one drive to survive (Formula one ) on Netflix
* Icarus (Cycling and drugs) on Netflix
* Coach Carter (Basketball) on Netflix
* One night in Turin  (Football ) on Amazon Prime
* Resurfacing Andy Murray (Tennis) on Amazon Prime
* Dan Carter - perfect 10 (Rugby) on Amazon Prime
* Bobby - (Football) on Amazon Prime

**Try to read a broadsheet newspaper sport section :** such as The Guardian, The Independent & The Telegraph:

<https://www.theguardian.com/uk/sport>

<http://www.telegraph.co.uk/sport/>

<http://www.independent.co.uk/sport>

BBC Sport - <http://www.bbc.co.uk/sport>

Sky Sports - <http://www.skysports.com/>