



Kennicott Sixth Form Centre

Induction Task

A Level PE

Summer 2020



Induction Tasks are not optional for students; they form part of the College's formal assessment and completed tasks will assist staff in identifying the students' ability for independent study and meeting home learning deadlines.

Due date: September 2020.

All induction tasks are to be completed to the best of your ability please and handed in to Miss Perring

A Level PE Induction Task 2020

Over the next two years you will be studying A level Physical Education, which is divided into four areas of study comprising both theoretical and practical elements:

- Physiological Factors affecting performance
- Psychological Factors affecting performance
- Socio-Cultural aspects of sport
- Practical Performance and Evaluation and Analysis of Performance for Improvement

The following tasks are not optional for students and they will form part of the College's formal assessment process.

The induction tasks are to be completed and handed into Miss Perring if you are planning to study A level PE

Carly Perring
Teacher of PE
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Tasks:

1) Anatomy

In this area of the course you will study the structure and function of the body and how it responds to exercise. Your task has four parts to it; part one is to **draw** pictures of the six different synovial joints in the body, describe their structure, give an example in the body and identify what movement they allow. Part two is to find a picture of the muscles in the body and label them; please do not simply copy and paste a picture from the internet, it needs to be a blank diagram which you label. Part three is to draw a picture of the heart and describe the path of the blood going through it. Part four is to describe the following key terms associated with the respiratory system; minute ventilation, dissociation of O₂, diffusion and tidal volume.

2) Exercise Physiology

In this area of the course you will study how the body adapts to exercise, energy intake and expenditure, ergogenic aids in sport and injuries. Your task is to research the effects of taking the following ergogenic aids and produce a written report covering the reasons athletes would take these aids, the risks to their health and performance and finally examples of athletes who might consider taking them such as endurance athletes, sprinters etc. Not named athletes. Ergogenic Aids to cover include Bicarbonate of Soda, Creatine, EPO, Blood Doping, (careful this is different to EPO), nitrates and carbo-loading.

3) Sport Psychology

In this area of the course you will study the psychology of sports performance considering the individual differences between athletes and how psychology can be used to improve performance. Your task is to research Intrinsic and Extrinsic motivation and Achievement Motivation (Atkinson's theory) and to produce a PP slideshow explaining each of these relating to examples from sport if you can.

4) Performance or Coaching, Evaluation and Analysis of Performance for Improvement

30% of your A level grade is from your performance in **one** sport and your evaluation and analysis of performance to improve in that sport. You should be participating regularly in at least one sport out of school. Your task is to provide a video of no more than 10 minutes of your performance in a competitive game. Depending on your sport you may need to film more than 10 minutes and then edit it to ensure that it shows your best footage. You should also ensure that it is easy to see you in a game or competitive situation – i.e wear a bib or explain what you are wearing/position that you are playing that will help an observer to identify you. You will have an **extended deadline** for this task as not all sports will be in season at the time of giving you this task. **Please can this task be completed by the end of the first half term so end of October 2020.**



The lessons are co taught with Year 13 A level and Year 12 and 13 Sport. The pictures show you the sorts of things we get involved in as opportunities to socialise together, enhance your experience through trips and visits as well as playing sport regularly as a group.