

Subject	A Level Physical Education
<p>Tasks to complete:</p> <p>You will learn during A Level PE that you will cover 3 main elements of the course in theory lessons: A&P, Psychology and Sport and society. For your exam work you will need to be able to evaluate and analyse theoretical knowledge and apply these to skills, actions and sports. For the practical aspect of the course you will be required to video you performing in your own sport.</p> <p>For your bridging work over the summer you will need to complete the following:</p> <ul style="list-style-type: none"> ● Learn and remember all of the major bones and muscles. ● Recap the path a red blood cell takes as it takes it's journey from the right atrium to the body and back to the heart. ● Using the skills continuum you learnt in GCSE place skills from your sport on each continuum and justify your reasoning <ul style="list-style-type: none"> ○ Open / closed ○ Externally paced / self paced ○ Gross / fine ● Write a debate on 1 side of A4 (max) giving the positive and negative effects for a discussion or controversial statement in sport e.g. Should female athletes be paid the same amount of prize money as men? or Should all athletes in 1 sport be given access to the same technology? ● Practical - Finally video yourself performing in your sport for 10 minutes maximum. In your video ensure the correct GDPR is set up (check with your coaches / team managers). This video should highlight your strengths and cannot be edited. 	
<p>Additional reading and independent study</p>	<p>It would be a really good idea to go through all areas of your GCSE PE / BTEC course to recap your knowledge of the course.</p> <p>You could make some notes, go over your GCSE revision notes, or summarise key points on a mind map.</p>
<p>Any other information</p>	<p>In order to take A level PE you must perform in 1 sport outside of school for a club</p> <p>At the start of the year you will need:</p> <ul style="list-style-type: none"> ● A folder with dividers for each area of the course ● Lined paper ● Access to a computer (chrome book) for some lessons - you will be given this information in your first term as to when you require it.