

## Yr 12 OCR A Level PE Transition work

### Organisation

1. On Frog in PE under KS5 locate, save a copy and print off the Yr 12 Course overview for A Level PE.
2. On Frog in PE under KS5 locate, save and print the PLC's for each section that you will be studying.  
Paper 1 – Applied Anatomy and Physiology, Exercise Physiology, Biomechanics.  
Paper 2 – Skill Acquisition, Sports Psychology.  
Paper 3 – Sport and Society, Contemporary issues in physical activity and sport.
3. Place each of these in a plastic wallet into a separate folder or alternatively use a ring binder file and separate each unit with files dividers.

### Research

#### **4. Anatomy and Physiology**

- Print off a blank picture of the skeleton and label the main bones (20)
- Print off a blank picture of the human body and label the main muscles (30)
- Research 5 different types of bones (locations, functions and examples)
- Research the types of movements found at each joint
- Research long and short term effects of exercise on the skeletal system

#### **5. Exercise Physiology**

- Pick one of the following injury's:
  1. Torn knee ligament
  2. Broken arm
  3. Stress fracture in the spine
- Provide a sporting scenario explaining how the injury may have occurred (50 words)
- Give examples of some of the signs and symptoms associated with your injury (50 words)
- Explain ways in which the injured athlete could treat the injury in the initial 48 hrs (100 words) research the term PRICE to help you
- Explain things that the athlete could have done to reduce the risk of this injury occurring (100 words) Research elements such as protective equipment, correct technique, correct equipment, physical preparation (warm up, hydration, sleep, adequate ability level)
- Find 4 activities that the athlete could perform to help rehabilitate the injured area, include diagrams and an explanation of the activities (100 words)

#### **6. Biomechanics**

- Research Newtons 3 Laws of motion and apply sporting examples to each.
- Research components of Lever system and the 3 types of Lever found in the human body.

## **7. Psychology in Sport**

- TASK 1 : Define the terms below and gain a basic understanding of what they mean and how they apply to sport
- Motivation – intrinsic & extrinsic
- Goal setting – short, medium & Long-term
- Attribution theory
- Stress, anxiety & arousal
- 4 stages of group development (forming, storming, norming & performing)
- Team cohesion – task & social cohesion
- TASK 2: Write a 300-500-word introduction into how you feel sports psychology can impact (both positively and negatively) our sporting performance.

## **8. Contemporary issues in Physical activity and sport**

- Research legal supplements versus illegal drugs and doping.
- This can be presented in a table including what are the effects, why are they taken, what are the benefits, what are the risks.
- Research the extent to which modern technology has affected elite level sport including increased/improved:
  - access
  - facilities
  - equipment
  - monitoring of exercise
  - safety