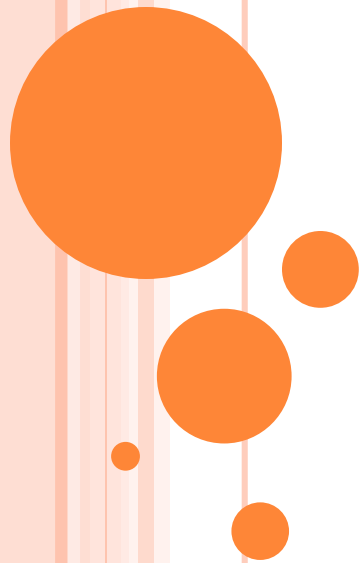


**A LEVEL  
PHYSICAL  
EDUCATION  
SUMMER TASKS**



# WHAT THE COURSE LOOKS LIKE

## OCR exam board, H555 syllabus

<https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

### THEORY – 70%

3 THEORY MODULES...3 EXAMS AT THE END

Physiology

Socio-cultural studies

Skill acquisition and psychology

### PRACTICAL – 30%

2 NON EXAMINED ASSESSMENTS

EAPI...speech! (approx 20-30 min oral exam)

1 sport including DVD and log book



BEFORE YOU START A LEVEL P.E.....

CHECK THAT YOU ARE ALLOWED TO DO YOUR SPORT!!!

<https://www.ocr.org.uk/Images/234840-as-and-a-level-guide-to-non-exam-assessment.pdf>

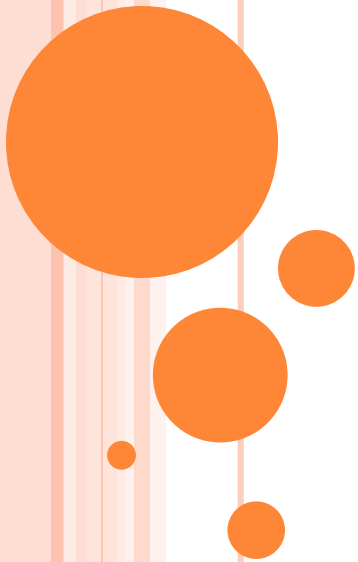
- You should be actively involved in one of these sports to a highly competent standard!
- You should be training and participating every single week.
- You will need to keep a log of all of your matches/competitions and you will need to film a number of them to create a comprehensive DVD.



# PHYSIOLOGY

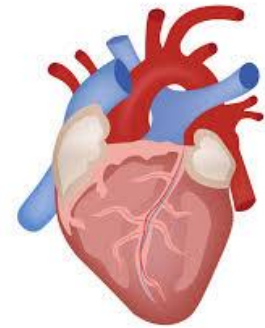
**42% OF THE COURSE  
2 HOUR EXAMINATION**

**5 HRS/FORTNIGHT**



# PHYSIOLOGY SUMMER TASK – THE CARDIAC CYCLE

## Research Task



There are three phases to the Cardiac Cycle;

- *Diastole*
  - *Atrial Systole*
  - *Ventricular Systole*
- 
- What happens in each phase?
  - How long does each phase take for a normal resting heart rate?
  - THE TOUGH BIT...Can you link the **Cardiac Cycle** to the **Conduction System**?



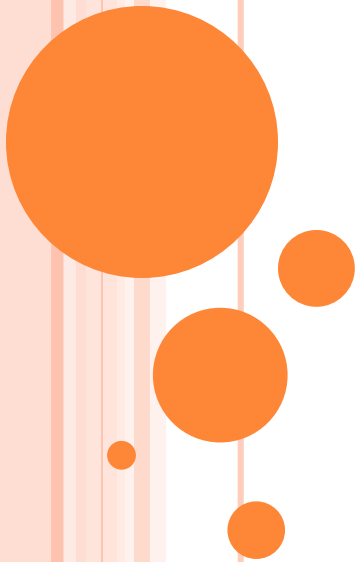
*No more than 2 A4 pages please*



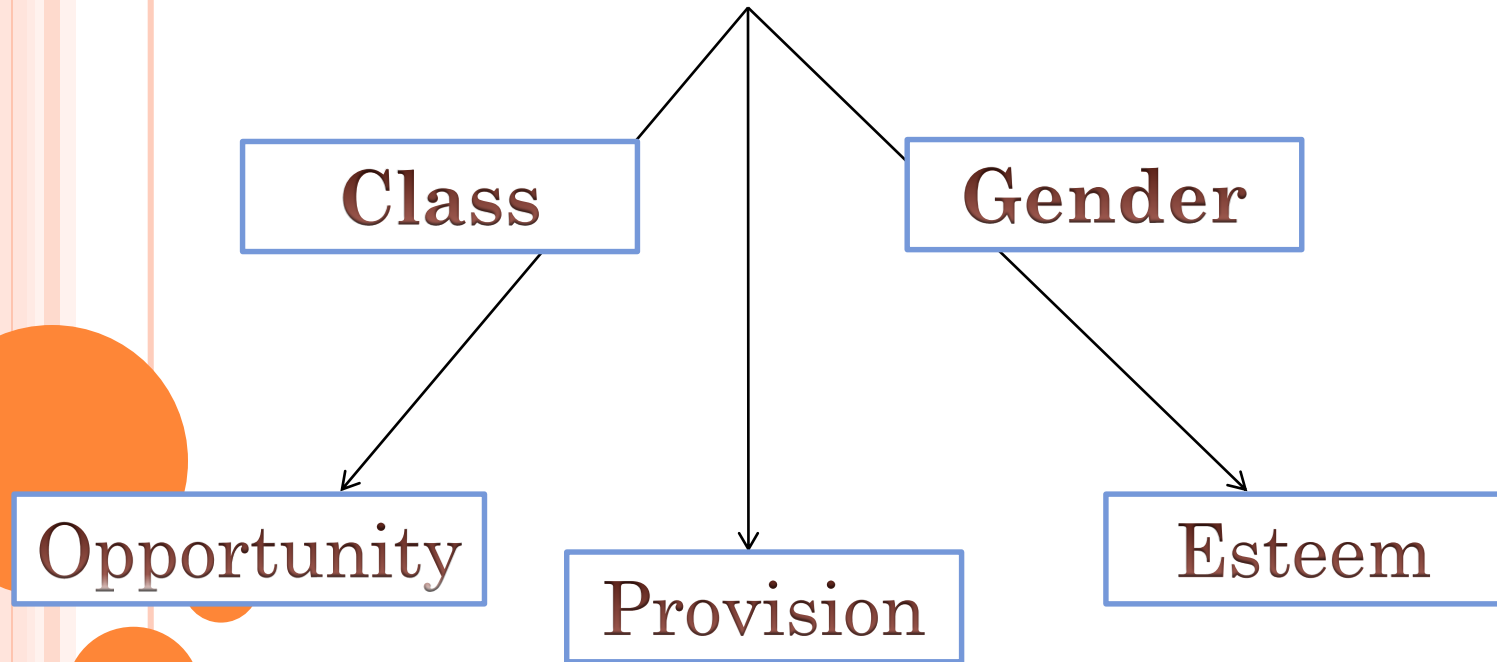
# **SOCIO-CULTURAL STUDIES**

**28% OF THE COURSE  
1 HOUR EXAMINATION**

**2 HRS/FORTNIGHT**



**IN PRE-1850'S BRITAIN,  
PARTICIPATION IN SPORT WAS  
AFFECTED BY;**



# SOCIAL CLASS

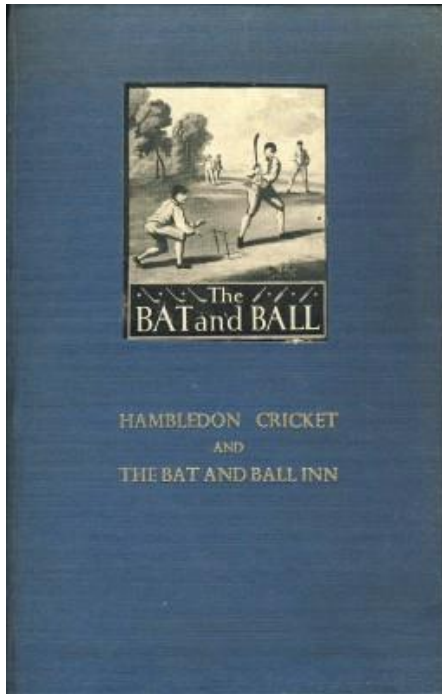
- ‘a group defined by their status within a community or population’.
- -determined by;
  - economic status
  - family background
  - friendship group
  - education level

In Britain this is typically made up of: upper class, middle class and lower class.



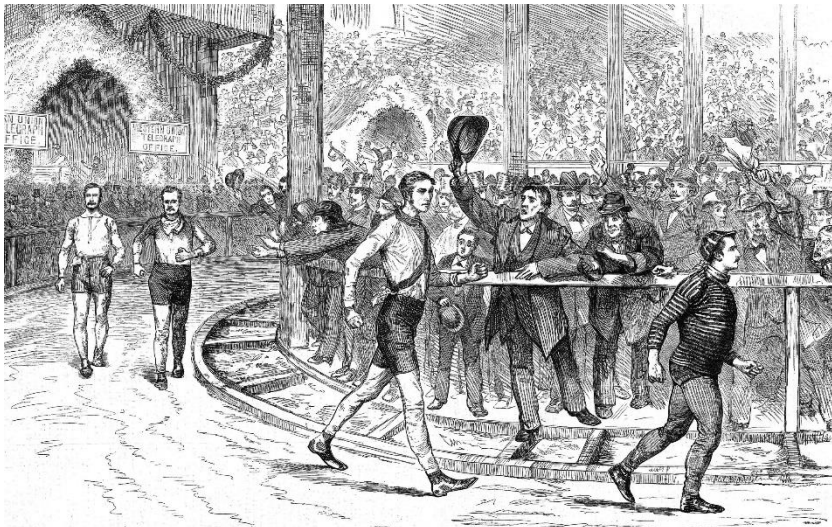


# SOCIO-CULTURAL SUMMER TASK – SPORTS FOR BOTH



There were two activities/sports where social class did not cause participation barriers. These were **Pedestrianism** and **Cricket**.

- Your task is to create a Case Study entitled ‘Sports for Both’ where you research and present your information on both. It must be a minimum of 2 sides of A4. Use the points below as guidance;
- A brief description of both (remember for Cricket it is the 1850’s game not current game so be aware of any differences). This can include photographs/diagrams.
- When/Where/How it originated
- How were the participants linked to each of the different classes? Did each class have a particular role?



Additional key words/information to include

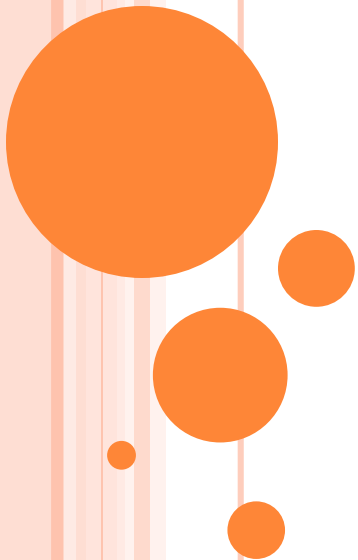
- The Bat and Ball Inn
- Hambledon
- Wagering
- Footmen
- Pub
- X-Country

LOTS OF PHOTOS/PICTURES/COLOUR!

# **SKILL ACQUISITION/ PSYCHOLOGY OF SPORT**

**28% OF THE COURSE  
1 HOUR EXAMINATION**

**3 HRS/FORTNIGHT**





# TRANSFER OF SKILLS



*‘The influence that the learning of one skill has on the learning and performance of another’*

- There are four main types of transfer that you will need to know.
- **Positive** - When one skill enhances the learning and performance of another. E.g., *the skill of throwing transfers positively to the racquet arm action of a tennis serve*
- **Negative** – When one skill impedes the learning and performance of another. E.g., *Flexible wrist action in badminton or squash which conflicts with the firm wrist action required in a tennis cross court stroke*
- **Proactive** - When newly learnt skills influence skills already learned. E.g., *A goal keeper in football changing to play rugby union may learn how to jump in the line. When he goes back to play football his previously learnt catching skills could show improvement due to his exposure to the catching role in rugby*
- **Bilateral** - Skills can be transferred from on side of the body to another. E.g., *it would be advantageous if a right handed basketball player could perform the lay up with equal proficiency using his left hand*



# SKILL ACQUISITION SUMMER TASK: **TRANSFER**

*Choose two sports that you would consider your best.*

- Analyse how Transfer of Skill learning has impacted upon your own performance in each.
- Are your two sports quite similar? Eg netball and basketball.
- Explain any skills that require similar execution e.g., kicking in football and kicking in rugby
- Highlight any skills that have a negative influence on one another, how do you control this?
- You must make reference to each transfer of skill and include relevant examples throughout.

*This should be a minimum of one side of A4*



# WHAT CAN I DO NOW IN ADDITION TO MY TASKS AND SUMMER TASKS TO MAKE SURE I AM READY FOR SEPTEMBER?

- Train as much as possible for your sport under lockdown conditions throughout the summer. Get fit and get ready to be amazing for the next season!
- If you have any competitive opportunities under lockdown conditions...take it...and make sure you film it and make a log of it.
- Re-visit your GCSE notes.
- Use online resources, such as;  
[www.studyalevelpe.co.uk](http://www.studyalevelpe.co.uk)
- Watch relevant sports films and documentaries.



Some viewing for you in the Summer if you enjoy sports films, series or documentaries!

All of these are relevant to the course in some way!

ENJOY!!



# CCCS SPORT TOP VIEWS



## FILMS

### Invictus: 2009 film (certificate 12)

Nelson Mandela, in his first term as President of South Africa, initiates a unique venture to unite the Apartheid-torn land: enlist the national rugby team on a mission to win the 1995 Rugby World Cup.

### Race: 2016 film (certificate PG)

African-American athlete Jesse Owens, won a record-breaking four gold medals at the 1936 Berlin Olympic Games.

### The Blind Side: 2009 film (certificate 12)

Based on the book *The Blind Side: Evolution of a Game* by Michael Lewis. The storyline features Michael Oher, an offensive lineman who was drafted by the Baltimore Ravens of the NFL.

### Coach Carter: 2005 film (certificate 12)

Controversy surrounds high school basketball coach Ken Carter after he benches his entire team for breaking their academic contract with him.

### Remember the Titans: 2000 film (certificate PG)

From Disney, based on a true story "Remember The Titans" follows the 1971 T.C. Williams High School Titans football team and their struggles with integration.

### McFarland: 2015 film (certificate PG)

From Disney, a true against-all-odds story of the 1987 McFarland high school cross country team in an economically challenged community.

### Moneyball: 2011 film (certificate 12)

Oakland A's general manager Billy Beane's successful attempt to assemble a baseball team on a lean budget by employing computer-generated analysis to acquire new players.

## FILM DOCUMENTARIES

### Icarus: 2017 Netflix film documentary (certificate 15)

Chronicles Bryan Fogel's exploration of the option of doping to win an amateur cycling race and happening upon a major international doping scandal when he asks for the help of Grigory Rodchenkov, the head of the Russian anti-doping laboratory.

### Andy Murray – Resurfacing: 2019 Amazon Prime film documentary (certificate 15)

Tracks the tennis star's devastating injury journey between 2017-2019. From the front lines of surgical theatres, to the intimate corners of his home, we live alongside and witness Andy at his most vulnerable.





**Stop at Nothing – the Lance Armstrong Story: 2014 film documentary (certificate 12)**

An intimate but explosive portrait of the man behind the greatest fraud in sporting history. Lance Armstrong enriched himself by cheating his fans, his sport, and the truth. But the former friends whose lives and careers he destroyed would prove to be his nemesis.

**Toughest Race on Earth with James Cracknell: 2013 film documentary (certificate 15)**

The British Olympian athlete and adventurer, surrenders his body to science, becoming a living, breathing, competing experiment. A team of experts will condition James's body to scientific perfection as he takes on the Marathon des Sables

**The Dawn Wall: 2017 Netflix film documentary (certificate 15)**

In an unbelievable story of perseverance, free climber Tommy Caldwell and climbing partner Kevin Jorgeson attempt to scale the impossible 3000ft Dawn Wall of El Capitan.

**Free Solo: 2018 film documentary (certificate 12)**

climber Alex Honnold prepares to achieve his lifelong dream: scaling the 3, 200-foot El Capitan in Yosemite National Park without a rope.

**Iron Cowboy: 2016 Netflix film documentary (certificate 'guidance')**

A record-setting triathlete dares to complete 50 Ironman races - a 2.4-mile swim, a 112-mile bike ride, and a 26.2-mile run - in 50 days in 50 states

**The Game Changers: 2018 film documentary (certificate 15)**

The benefits of plant-based eating for athletes. It covers multiple success stories of plant-based athletes, references scientific studies, and touches on other arguments for plant-based diets that extend to non-athletes.

**DOCUMENTARY SERIES**

**The Test – a New Era for Australian Cricket: 2020 Amazon Prime series (certificate 15)**

The Australian Men's Cricket Team has been rocked by a cheating scandal, and now they must rebuild their culture and reclaim their status as the world's number one side.

**The English Game: 2020 Netflix series (certificate 12)**

A historical sports drama television miniseries developed about the origins of modern football in England.

**Formula 1 – Drive to Survive: 2019 Netflix series (certificate 15)**

An exclusive behind-the-scenes look at the drivers and races of the 2018 and 2019 Formula One World Championships.

**The Short Game: 2014 Netflix series (certificate PG)**

Following the lives of eight of the best 7-year old golfers in the world as they train for and compete in the World Championships of Junior Golf.

**QB1 – Beyond the Lights: 2017 – current Netflix series (certificate 12)**

An American documentary focusing on three high school quarterbacks from different backgrounds as they play their final season before moving on to NCAA Division I college football each season.

**PLEASE ENSURE CERTIFICATION GUIDANCE IS ADHERED TO AT ALL TIMES**



# WHAT WILL I NEED FOR THE FIRST LESSON

- Your 3 summer tasks (1 from each module)

*(these tasks will be taken in...AND be the basis of our first impression of you, so take pride in your work!)*

- A positive attitude – and a smile!
- MRS DAVIES – [hda@cooperscoborn.co.uk](mailto:hda@cooperscoborn.co.uk)

SEE YOU IN SEPTEMBER!!!!!!

LOVE AS BRETHREN

