



# Physical Education

Please complete one line from the task list below. All students must complete the middle task:

<b>Create/ make a diagram that includes all of the muscles you need to know. *Hint- you will need to know all 4 of the Quadriceps!</b>	<b>Talk to at least 5 people from your sports club and find out their opinion on the impact of modern technology on sport.</b>	<b>Write a statement to the press arguing the ethics of drugs and doping in your sport.</b>
<b>Create a log of your sports participation over the last 12 months. Include the date, whether it was training or a fixture and the result if applicable.</b>	<b>In 300 words explain your rationale for taking A-Level Physical Education.</b>	<b>Watch a sports performer from your chosen sport- analyse their performance in relation to strengths and weaknesses of their skills, tactics and fitness components.</b>
<b>From your most recent competitive event suggest reasons as to why you won or lost. You could refer to Weiner's model of attribution!</b>	<b>Create an argument for the 'for and against' when considering if London 2012 was socially, politically and economically successful.</b>	<b>Research 'Skinner's Operant Conditioning learning theory'. Apply this learning theory to devise a skill session from your sport that you could teach to the A-Level PE class</b>

## Suggested book/reading list:

- Honeybourne, J & Powell, S **PE FOR A LEVEL YEAR 1** (Hodder Education, 2016).
- Honeybourne, J & Powell, S **PE FOR A LEVEL YEAR 2** (Hodder Education, 2016).
- PE review, (2013) **A-Level physical education**, 8 (2): Hodder education
- PE review, (2017) **A-Level physical education**, 12 (3): Hodder education
- PE review, (2009) **A-Level physical education**, 4 (2): Hodder education

## Suggested Podcasts:

- <https://www.youtube.com/watch?v=DT38s31gOvM&list=PL-rAm4ihjCPcothHsIFjg6PVf2Vg713LD&index=1>
- <https://www.youtube.com/watch?v=8iaDSyDTUiY&list=PL-rAm4ihjCPcothHsIFjg6PVf2Vg713LD&index=2>
- [https://www.youtube.com/watch?v=D-Uf\\_\\_HLnVE&list=PL-rAm4ihjCPcothHsIFjg6PVf2Vg713LD&index=4](https://www.youtube.com/watch?v=D-Uf__HLnVE&list=PL-rAm4ihjCPcothHsIFjg6PVf2Vg713LD&index=4)
- <https://www.youtube.com/watch?v=mMM16sjkdEI&list=PL-rAm4ihjCPcothHsIFjg6PVf2Vg713LD&index=5>