



Physical Education

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

<p>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!</p>	<p>Talk to at least 5 people from your sports club and find out their opinion on the impact of modern technology on sport.</p>	<p>Write a statement to the press arguing the ethics of drugs and doping in your sport.</p>
<p>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.</p>	<p>In 300 words explain your rationale for taking A-Level Physical Education.</p>	<p>Watch a sports performer from your chosen sport- analyse their performance in relation to strengths and weaknesses of their skills, tactics and fitness components.</p>
<p>Find the 'core and advanced skills' for your chosen sport using the 1st link below. For each of the skills you must record yourself performing it and submit the footage in your 1st lesson.</p>	<p>Record a minimum of 20 minutes of you participating in your sport in authentic competition or match. This will be submitted in your first lesson back</p>	<p>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</p>

Suggested book/reading list:

- <https://www.ocr.org.uk/Images/234840-guide-to-non-exam-assessment.pdf> core and advanced skills
- 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-rAm4ihjCPcothHsIFig6PVf2Vg713LD&index=1>
- <https://www.youtube.com/watch?v=8iaDSyDTUiY&list=PL-rAm4ihjCPcothHsIFig6PVf2Vg713LD&index=2>
- https://www.youtube.com/watch?v=D-Uf_HLnVE&list=PL-rAm4ihjCPcothHsIFig6PVf2Vg713LD&index=4
- <https://www.youtube.com/watch?v=mMM16sjkdEI&list=PL-rAm4ihjCPcothHsIFig6PVf2Vg713LD&index=5>