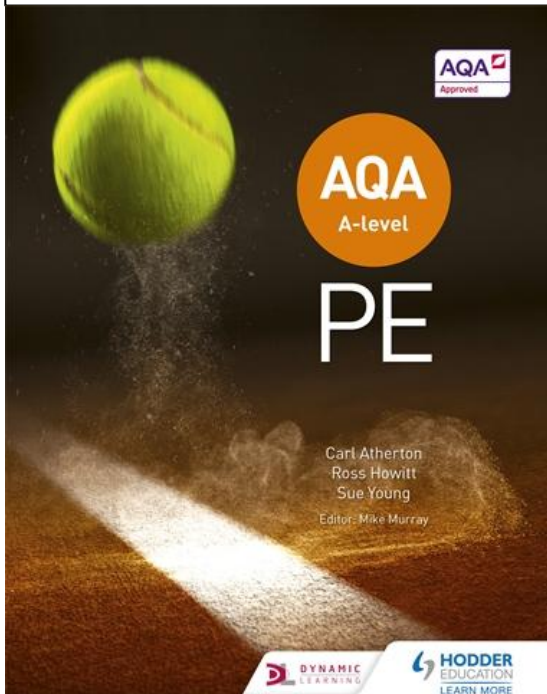




Welcome to your A-Level PE Taster Lesson



Mr Black (JBL)

Quick Fire Do Now

- Name 1 Olympic Gold Medalist
- Name 2 Classes of food
- List 3 Joints of the body
- List 4 Movements/actions possible at a joint
- List 5 Bones of the skeleton
- List 6 muscles of the body





Typical Task

Watch the video clip and answer this question:

Why was he able to score that goal?

Think.Pair.Share

Hint – Use the different sections of the A Level Course to help you. There are many potential answers to this question.



[Ronaldo goal](#)

Consider:
Types of training
Elite coaching
Muscle fibres
Practice
Biomechanics



Why he was able to score that goal...

- Plyometric training
- Elite equipment and coaches
- Training – Mass and varied practice (repeating skill)
- Visualisation (mental imagery)
- Psychology – NACH/confidence/self efficacy
- Muscle strength and power – training.....
- Fast twitch muscle fibres – genetics & training
- Biomechanical advantage (Levers/Impulse)
- Diet and nutrition
- Sports supplements e.g. creatine

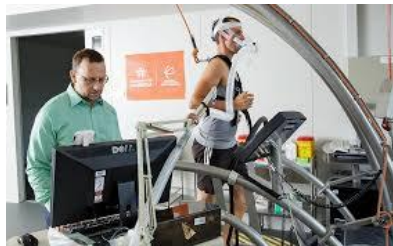




Why study A-level PE?

Career paths:

- Physiotherapist
- Sports nutritionist
- Fitness and leisure industry work
- Early years education
- Personal Trainer
- Sports Administration/Health/Fitness
- Sports Scientist
- Business (H&F Sector)
- Professional Sportsperson
- Sports Coach
- Journalist
- Sports data Analyst
- Events Manager
- Sports Management
- PE Teacher!
- Many more...





Course Details

1. Applied anatomy and physiology (JBL, PBO)
2. Skill acquisition (DWI)
3. Sport and society (SGD)
4. Exercise physiology (PBO)
5. Biomechanical movement (PBO)
6. Sport psychology (DWI/PBO)
7. Sport and society and the role of technology in physical activity and sport (SGD, JBL)



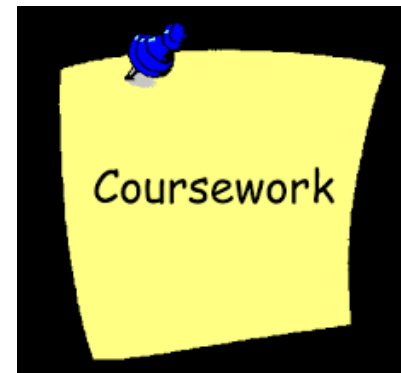


How will you be assessed?

End of Year 12 – UCAS exam

End of Year 13 - Paper 1 = 2 hour exam (35%)
Paper 2 = 2 hour exam (35%)

Practical assessment and Coursework (30%)
(Analysis of Performance)





Paper 1: Factors affecting participation in physical activity and sport

What's assessed:

Section A: Applied anatomy and physiology

Section B: Skill acquisition

Section C: Sport and society

How it's assessed

- Written exam: 2 hours
- 105 marks
- 35% of A-level

Questions

- Section A: multiple choice, short answer and extended writing (35 marks)
- Section B: multiple choice, short answer and extended writing (35 marks)
- Section C: multiple choice, short answer and extended writing (35 marks)





Paper 2: Factors affecting optimal performance in physical activity and sport

What's assessed:

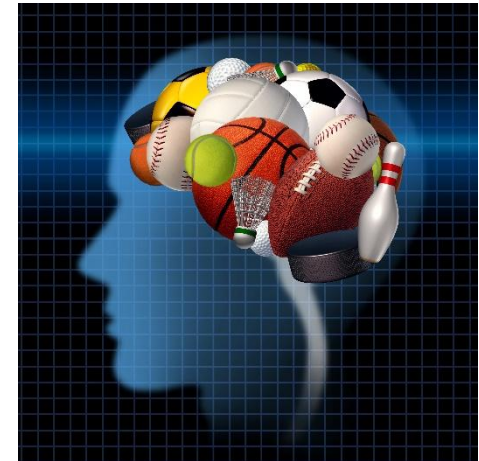
Section A: Exercise physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport

How it's assessed

- Written exam: 2 hours
- 105 marks
- 35% of A-level



Questions

- Section A: multiple choice, short answer and extended writing (35 marks)
- Section B: multiple choice, short answer and extended writing (35 marks)
- Section C: multiple choice, short answer and extended writing (35 marks)



Non-exam assessment: Practical performance in physical activity and sport

What's assessed:

1) Students assessed as a performer or coach in the full sided version of one activity.

Plus:

2) written/verbal analysis of performance (coursework)

How it's assessed

- Internal assessment, external moderation
- 90 marks
- 30% of A-level





Expectations...

- Respect and honesty from you
- Turn up to **all** lessons
- All homework to be completed on time
- A different attitude from GCSE
- To be able to treat you like young adults
- Run school clubs and assist with school teams/ officiate fixtures
- Lead practical sessions
- Perform your chosen sport independently out of school
- Enrichment – Wednesday afternoon sport





In exchange we will provide...

- High quality teaching
- Experience
- Differentiated and engaging Lessons
- Commitment
- Honesty regarding your progress
- One to one support if necessary





What not to expect

- Free lessons - none
- An easy ride
- Getting by without hard work
- An exam as easy as GCSE – 3 sections in each A-level Paper. At the end of each section - 8 marker & 15 marker!
- Us to help you if you don't help yourselves (coursework)





How to help each other...

- Support in lessons
- Group chat/forums – work missed etc...
- Use each others strengths in topic areas e.g. biology students





A-level PE Taster

History of Sport

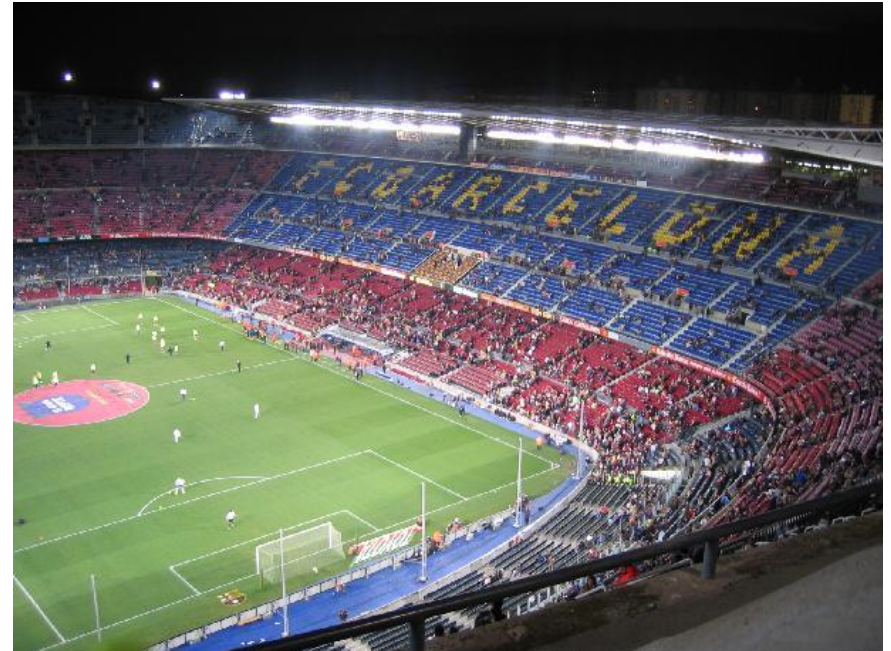


How did we get from this.....to this?

Popular
recreation
(mob games)

1800's

Global modern
day sport





Disorganised mob games
(Popular recreation)



Developed in public
schools (MC, ATH)



Industrial revolution
(Rational recreation)



NGBs set up



Sport spread to
British empire via
church/army

Sport spread back to
schools, standards
improved

Taken to
University, rules
formalised



SPORT APPROACHING
MODERN FORM

Impact of media on
sport
(Commercialisation)



Drugs in Sport

A list of the fastest ever 100metre times.

The names crossed out in red have been caught taking performance enhancing drugs



Drugs are clearly a major issue in twenty-first century sport.

Can you think of reasons FOR and AGAINST the use of drugs in sport?

| RANK | MARK | WIND | COMPETITOR | DOB | NAT | POS | VENUE | DATE |
|--------------|-----------------|-----------------|--------------------------|------------------------|-----------------|----------------|-------------------------------------|------------------------|
| 1 | 9.58 | +0.9 | Usain BOLT | 21 AUG 1986 | JAM | 1 | Berlin (Olympiastadion) | 16 AUG 2009 |
| | 9.63 | +1.5 | Usain BOLT | 21 AUG 1986 | JAM | 1 | London (Olympic Stadium) | 05 AUG 2012 |
| | 9.69 | 0.0 | Usain BOLT | 21 AUG 1986 | JAM | 1 | Beijing (National Stadium) | 16 AUG 2008 |
| 2 | 9.69 | +2.0 | Tyson GAY | 9 AUG 1982 | USA | 1 | Shanghai | 20 SEP 2008 |
| 2 | 9.69 | 0.1 | Yohan BLAKE | 26 DEC 1987 | JAM | 1 | Ludwigshafen | 28 AUG 2012 |
| | 9.71 | +0.7 | Tyson GAY | 9 AUG 1982 | USA | 2 | Berlin (Olympiastadion) | 16 AUG 2009 |
| | 9.72 | +1.7 | Usain BOLT | 21 AUG 1986 | JAM | 1r1 | New York City, NY | 31 MAY 2008 |
| 4 | 9.72 | +0.2 | Asafa POWELL | 23 NOV 1982 | JAM | 1.1 | Ludwigshafen | 28 SEP 2008 |
| | 9.74 | +1.7 | Asafa POWELL | 23 NOV 1982 | JAM | 11/2 | Rieti | 07 SEP 2000 |
| 5 | 9.74 | 0.0 | Justin GATLIN | 10 FEB 1982 | USA | 1 | Doha (Hamad Bin Khalifa) | 15 MAY 2015 |
| | 9.75 | +1.1 | Yohan BLAKE | 26 DEC 1987 | JAM | 1 | Kingston (NS), JAM | 27 JUN 2012 |
| | 9.75 | +1.5 | Yohan BLAKE | 26 DEC 1987 | JAM | 2 | London (Olympic Stadium) | 05 AUG 2012 |
| | 9.75 | 0.0 | Justin GATLIN | 10 FEB 1982 | USA | 1/2 | Roma (Stadio Olimpico) | 04 JUN 2015 |
| | 9.75 | 1.1 | Justin GATLIN | 10 FEB 1982 | USA | 1/2 | Ludwigshafen (Frankfurt) | 07 JUL 2015 |
| | 9.76 | +1.8 | Usain BOLT | 21 AUG 1986 | JAM | 1 | Kingston (NS), JAM | 03 MAY 2008 |
| | 9.76 | +1.3 | Usain BOLT | 21 AUG 1986 | JAM | 1 | Bruxelles (Boudewijnstadion) | 16 SEP 2011 |
| | 9.76 | -0.1 | Usain BOLT | 21 AUG 1986 | JAM | 1 | Roma (Stadio Olimpico) | 31 MAY 2012 |
| | 9.76 | +1.4 | Yohan BLAKE | 26 DEC 1987 | JAM | 1/2 | Zürich (Letzigrund) | 28 AUG 2012 |
| | 9.77 | +1.0 | Asafa POWELL | 23 NOV 1982 | JAM | 1 | Athina (Olympic Stadium) | 14 JUN 2005 |
| | 9.77 | +1.5 | Asafa POWELL | 23 NOV 1982 | JAM | 1 | Gateshead | 11 JUN 2006 |
| | 9.77 | +1.0 | Asafa POWELL | 23 NOV 1982 | JAM | 1/1 | Zürich | 18 AUG 2006 |
| | 9.77 | 1.1 | Tyson GAY | 9 AUG 1982 | USA | 1q/1 | Eugene, OR | 20 JUN 2006 |
| | 9.77 | -1.3 | Usain BOLT | 21 AUG 1986 | JAM | 1 | Bruxelles (Boudewijnstadion) | 05 SEP 2008 |
| | 9.77 | 0.9 | Asafa POWELL | 23 NOV 1982 | JAM | 11/1 | Rieti | 07 SEP 2000 |
| | 9.77 | 0.1 | Tyson GAY | 9 AUG 1982 | USA | 1/1 | Roma (Stadio Olimpico) | 10 JUL 2009 |
| | 9.77 | -0.3 | Usain BOLT | 21 AUG 1986 | JAM | 1 | Moskva (Luzhniki) | 11 AUG 2013 |
| | 9.77 | +0.0 | Justin GATLIN | 10 FEB 1982 | USA | 1 | Bruxelles (Boudewijnstadion) | 05 SEP 2014 |
| | 9.78 | 0.0 | Asafa POWELL | 23 NOV 1982 | JAM | 1 | Rieti | 07 SEP 2000 |
| | 9.78 | 0.1 | Tyson GAY | 9 AUG 1982 | USA | 1 | London (GR) | 13 AUG 2010 |



What are the arguments FOR and AGAINST legalising currently banned drugs in Sport?

FOR

- The battle against drugs is very expensive. Money could be spent in grassroots sport
- If everyone takes drugs it will be an even playing field
- Some athletes are taking them anyway so its not fair on the others
- It is a performers personal choice to take them
- If drug taking is allowed it can be regulated and will be much safer
- Athletes do not ask to be role models. They should be allowed to put what they want into their bodies to help them train harder and recover quicker.

AGAINST

- Taking drugs is cheating
- Drug taking is illegal
- Many health risks and dangerous side effects
- Creates negative role models for young people
- Creates a negative image for the sport
- Success in sport should be about hard work and talent
- Taking drugs gives an unfair advantage and are unethical and against the ethics of sport e.g. fairplay

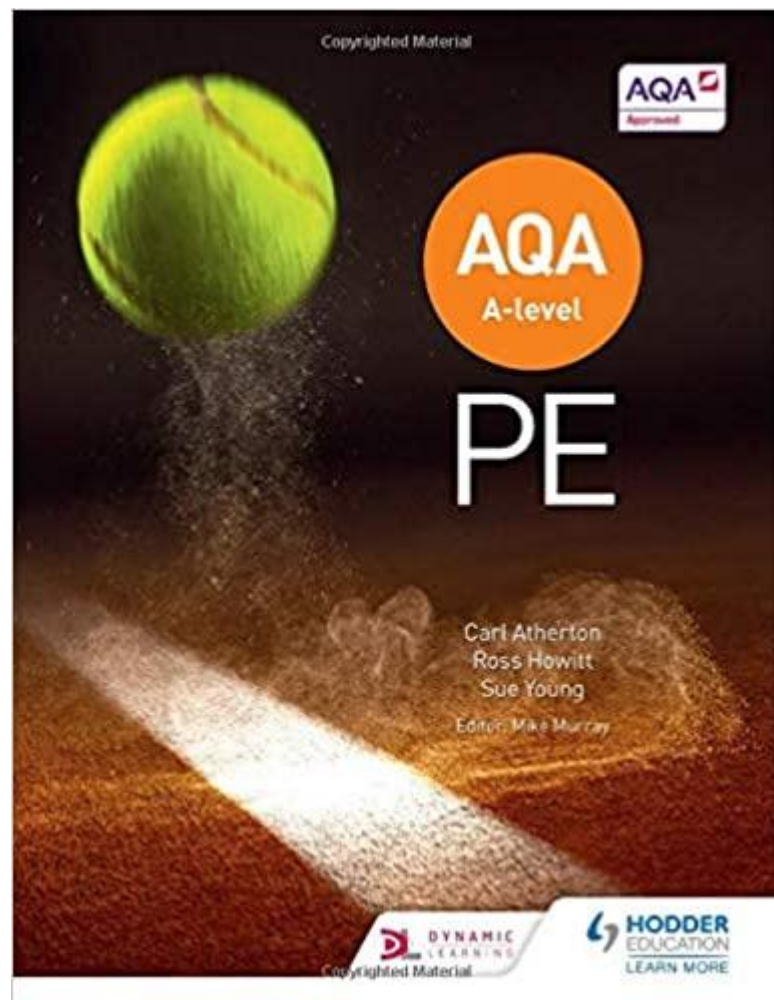
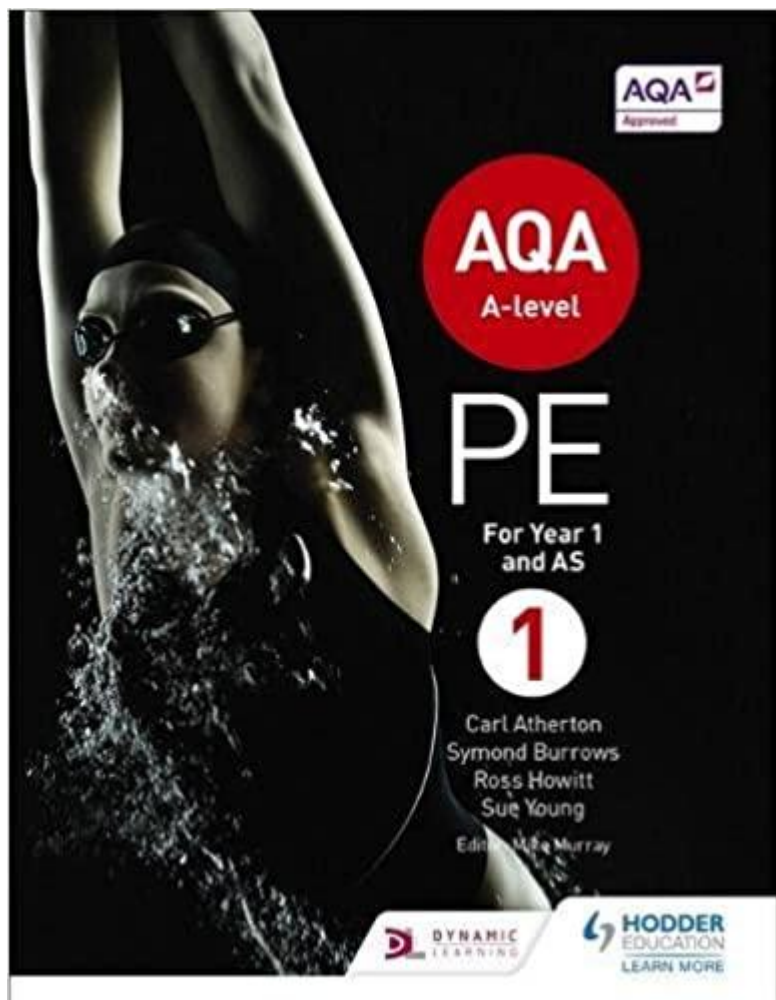




What to do between now and September...

- Complete your Bridging Work and submit it on time.
- Participate in your chosen sport (Video?)
- Take any opportunities to help out coaching and officiating
- Watch and follow sport with a critical eye (punditry/analysis)
- Learn some rules; Learn some names of athletes (tennis players/rugby players/footballers/athletics/tennis)

Think carefully about why you want to study and if it is the right subject for you....



.....and finally..

ENJOY YOUR SUMMER!

Get off Tik-Tok and get active!

HAPPY HOLIDAYS