

TRANSITION WORK



PE 2020

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Below you will find a list of work that needs to be completed before we come back to school in September. You will see under 'written work required' there is a list of tasks split into the three PE topics, Sport Psychology, Anatomy and Physiology and Sociology. The teacher of that subject will collect and mark this work when we start the new year.

Included is a list of suggested books, documentaries and podcasts we would suggest looking at, however there is no expectation that you do so, it is merely a list of what we have found interesting and think you would too.

We hope you enjoy the preparation for this course, if you love sport and are really interested in the theory behind the sports you watch and take part in then you will thrive throughout this A level. If you have any questions please do get in touch on dayres@guildfordcounty.co.uk.

Mr Ayres
Head of PE

Reading list (books / academic articles / journals etc)

Suggested reading

- *Bounce: Matthew Syed* – Focusing on the 10,000 hours theory
- *Peak: Anders Erikson* – discussing the importance of deliberate practise in sport
- *Legacy: James Kerr* – in depth focus on the worlds most successful team, the NZ All Blacks
- *The Sports Gene: David Epstein* – How much does nature play a part in sporting success?
- Any one of the thousands of Sporting Autobiographies available to you!

As well as these, it would be good to purchase the below text book before September :

**OCR A Level PE Book 1 : Author John Honeybourne, Sarah Powell; ISBN:9781471851735 Publisher: Hodder Education
Date: June 2016**



Documentaries

Suggested documentaries

- *The Game changers* – (Netflix) looking at athlete's diets and veganism
- *Stop at nothing – the Lance Armstrong story* – (Netflix) The second documentary on this cyclist after his controversial drug taking
- *The redeemed and the dominant – fittest on earth* – (Netflix) The latest in the Cross Fit Games series
- *Icarus* –(Netflix). Focusing on performance Enhancing Drugs in Sport
- An English Game History of factory teams in football development
- Chariots of Fire Olympism and Harold Abrahams
- Tom Browns School Days Athleticism and the rationalization of sport

- BBC Panorama - Stadiums of Hate - Euro 2012
- BBC Panorama Catch Me If You Can – 2015
- Cricket's Match Fixers: The Munawar Files | Al Jazeera Investigations

Podcasts

- *The Real Sport Science podcast* – (Spotify) These are great to listen to while going for a long run! Take a listen to the one about developing talent in young people

Written work required

Sport Psychology

1.

Watch a sporting performance from your sport. This can be amateur or professional. Analyse strengths and weaknesses that you see based on the following categories:

1. Skills (i.e. Passing, shooting etc)
2. Components of Fitness (i.e. Speed, coordination etc)
3. Tactics (i.e. Communication, positioning etc)

(1 hour)

2.

Watch and read the articles in the below 3 links. Using this information and any other research you might do, write 300 words on the importance of arousal levels in sport and how we can ensure that we keep it at a peak level.

https://www.youtube.com/watch?v=yG7v4y_xwzQ&list=PLTj_rJ2NemjZ8xX9WT3mo4gsK3-FfX7-A

<https://www.youtube.com/watch?v=8zkTpOsDZ3I>

<https://drstankovich.com/how-human-arousal-impacts-sport-performance/>

(1 hour)

3.

make notes on the differences between arousal, anxiety and motivation

(½ hour)

4.

Read through the slides on skill classification (link below). Make notes all 7 continuums and answer the exam question on the last slide.

[https://guildfordcounty-](https://guildfordcounty-my.sharepoint.com/:p/g/personal/dayres_guildfordcounty_co_uk/ES4eHaU8BTFNjd7Hxn4Nz3QB)

[my.sharepoint.com/:p/g/personal/dayres_guildfordcounty_co_uk/ES4eHaU8BTFNjd7Hxn4Nz3QB](https://guildfordcounty-my.sharepoint.com/:p/g/personal/dayres_guildfordcounty_co_uk/ES4eHaU8BTFNjd7Hxn4Nz3QB)

[FhnOOHSXSOV7TdXnwM9Vwg?e=gGpH6O](https://guildfordcounty-my.sharepoint.com/:p/g/personal/dayres_guildfordcounty_co_uk/ES4eHaU8BTFNjd7Hxn4Nz3QB)

(1 ½ hours)

Anatomy and Physiology

1.

Choose a sport (I would suggest one in which you participate) and gain an image. Outline the short-term and long-term effects of exercise on the body (use a different colour code for each), annotating this on your diagram. Try to have at least 4 points for each

(45mins)

For the long-term effects, explain how each factor would benefit your performance. Describe the types of training you may complete for the adaptations to take place.

(45mins)

2.

For your sport, complete a movement analysis of one skill eg Netball shot. Outline the movement occurring at 3 different joints, name the joint type, the movement, muscles contracting (agonist and antagonist)

(45 mins)

- Force production phase - Flexion at elbow / elbow hinge joint, flexion is the biceps brachii as the agonist contracting concentrically, the antagonist is the triceps brachii contracting eccentrically and relaxing.



Extension of knee, knee hinge joint, quadriceps agonist muscle concentric contraction, hamstrings antagonist muscle eccentric contraction

3.

Discuss the main fitness components essential to your sport and the main, muscle groups providing muscular strength and endurance.

(45mins)

4.

Diet and nutrition – complete a food diary for one typical day of the week. Outline the main food components you have consumed and outline how they are important in maintaining a healthy balanced diet and the body's ability to train /exercise

(45 mins)

- Breakfast - porridge oats, blueberries and banana
- Oats, excellent source of slow digesting carbohydrate, the main and preferred source of energy required to maintain physical exercise.

Banana, source of carbs, potassium, high in vitamin B, fibre and contain antioxidants (slow down the process of food being digested) .



Sport and Society

Task 1

Using the internet to research, answer the questions below. This task is about familiarising yourself with how sport has changed over the last century and how it has become such an integral part of society. As well as the research that you do, add your own opinion and draw upon your own personal knowledge and experiences.

1. Discuss the part played by the British Empire in the spread of modern sports around the world. (6 marks)
 - a) What is meant by the term globalisation? (2 marks)
 - b) How are national cultures and cultural identities being affected by processes of globalisation? (6 marks)
3. Over the years the global sports sector and global media sector have developed a self-interest relationship. Discuss. (6 marks)
4. The opportunity for sporting and recreational activities has varied since the 19th century. Why were many National Governing Bodies, such as the Football Association, established in the 19th Century? (4 marks)
(3 hours)

Task 2

1) Find and keep an article on two of the following subjects:

- a) Drug taking in sport
- b) Violence in sport (players or spectators)
- c) Increase in sedentary lifestyles or initiatives to reduce sedentary lifestyles
- d) Sport and Public (private) Schools
- e) Role of Technology in sport

2) Have you watched any big sporting events in the past? Olympic Games, World Championships etc.

What are the positive/ negative effects of hosting such a high profiled event? Can you list and explain a few reasons.

(2 hours)