

St Aidan's and St John Fisher Associated Sixth Form

Y11 to Y12 Transition Work

Subject: PE

Topic(s): Applied Anatomy and Physiology, Skill Acquisition and Socio Cultural Issues in Sport

Independent Learning Task(s) to Complete:

Evaluation and Analysis of Sport.

Development of sport Research

1. Select a sporting skill – For example; a long pass in football, a shot in netball, a tumble turn in swimming etc.
2. You must then find the following information about that skill:
 - **Physiology:** Identification of joint type (s) and its movement range(s), identification of muscles involved and the type of movements and contractions. [Joint movement analysis - Hodder Education Magazines](#)
 - **Biomechanics:** Importance/relevance of Newton's Laws in the performance and analyse lever systems in operation during the skill. [Sprint starts and Newton's laws of motion - Hodder Education Magazines](#)
[Levers, planes and axes - Hodder Education Magazines](#)
 - **Psychology:** Classification of the skill/technique on the skill continuum and Information processing demands on the performance. [Classification of skill - Hodder Education Magazines](#)
3. Put this information into a document and bring to the first lesson.
4. **Socio Cultural:** Read the two articles below on how modern sport evolved in Pre -industrial Britain and in the Public Schools of the mid to late 1800's.
[How mob games led to modern sport - Hodder Education Magazines](#)
[Public school influence on the development of sport - Hodder Education Magazines](#)
Put together a fact sheet of 5 key facts for each article to bring to the first lesson.

How it links to the Specification:

This forms part of the EAPI task, which is a verbal piece of coursework worth 15% of the whole A-Level. The tasks represent some of the knowledge and concept areas that candidates could apply providing they are relevant to the performance observed.

Resources (include any hyperlinks):

All pupils are expected to have this textbook for the first year of the course:

<https://www.hoddereducation.co.uk/subjects/sport-pe/products/16-18/ocr-pe-for-a-level-book-1>

We recommend using this to find the information, along with other forms of research including; alternative textbooks, internet and the PE review Journal.

Additional Information:

If you need any more information or help then please contact Mr Strover at St Aidan's or Mr Pass at St John Fisher before the end of term (19th July).

Deadline:

5 September 2023