

Transition Subject Tasks



Subject: A – Level Physical Education

Course: A Level

Exam Board: OCR

Tasks below are to be completed before September 2020

<p>1. Improve your theory knowledge and understanding about injuries and training programmes. Make a theory folder and add all notes made to it so we can check how you are doing with them in September.</p>	
<p>2. Regularly look at TV listings. Look for TV programs with a health and wellbeing focus as well as sports in the media and technology. Keep a log of the programmes that you watch and the findings to relate back to the class in September.</p> <p>Examples of good programmes to watch include;</p> <ul style="list-style-type: none"> - Losing it: Our Mental Health Emergency. - Miracle on Ice – Disney + - McFarland USA – Disney+ - Fittest on Earth - Lance Armstrong documentary - The Twinstitute - Cheer – Netflix - Icarus – Netflix - Game changers - Netflix <p>You are to write a reflective piece after you have watched the programs that captures what you learnt from it. Make a list of specific words which are new to you. Remember you can always ask your teacher to clarify or explain anything you have seen.</p>	
<p>3. Watch a sporting game of your choose and pick a player. You are then going to analyse the performance of that player.</p> <ul style="list-style-type: none"> - What are 3 strengths of the player and why? - What are 3 weaknesses of the player and why? - Pick one weakness and design an action plan that would help that player become better at their sport. It should last 8 weeks and include warm-ups, drills, practices and games. How would you apply the principle of progression from one week to the next? - Bring in your work to show us in September as this is the start of one of the ways that you get assessed in A Level PE. 	

<p>4. It is important that you take part in at least one sport for A Level PE in your own time. This should be at a minimum of club level. Therefore, as most training is not taking place at the moment, we would like you to do a project on your sport that details information relating to the course;</p> <ul style="list-style-type: none">- History of the sport, when did it began and when?- Rules and regulations?- Route to excellence.- Sponsorship.- Media coverage.- Key skills – core and advanced – This can be found at www.ocr.org. (non exam assessment)	
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