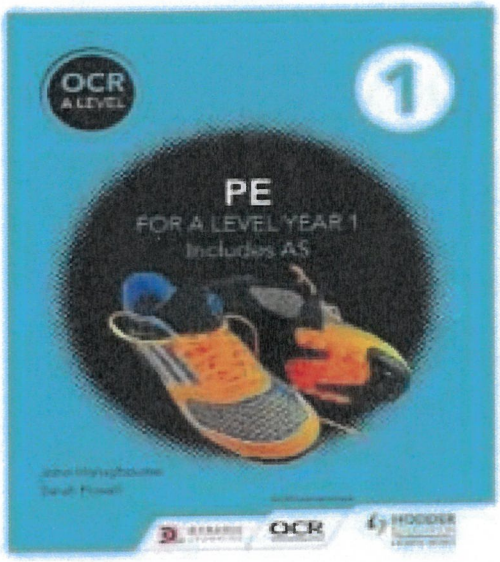
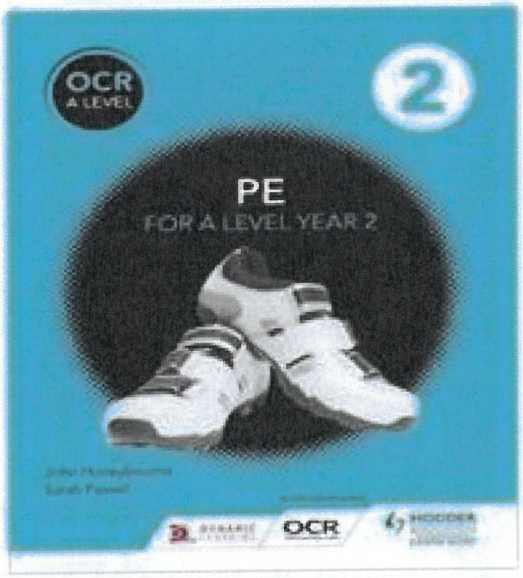
newcollaborative
Learning Trust

A-Level PE Summer Independent Learning (SIL) Task

These tasks are designed to help your progression from Y12 into Y13 run as smoothly as possible.





Remember, this year you will complete the following which contribute to your overall grade…

- 3x Exams (Paper 1, 2 and 3) [70% of your grade]
- EAPI (spoken assessment) [15% of your grade]
- Sports Log & Practical Footage [15% of your grade]

These SIL tasks will relate directly to these components of your course…!!!

Checklist:

Task Number	Task Details	Component of Assessment	Tick Once Complete
1 (2 hours)	Using the template (on Teams and emailed from your teacher) make sure your sports log is updated to include… • Images / league tables / scoresheets / timesheets / power of 10 etc… • A log of all games played since last August (date, score, your involvement etc…). This must be completed electronically!!! (An example of this from a previous Y13 student has been emailed to you).	Competitive Sports Log [15% of your grade].	
2 (30 mins)	Before returning in September, you need to collate all your practical footage collated so far and have it in the following format… • Footage filmed on YouTube must be added to your sports log. • Other footage needs to be uploaded into a One Drive folder and shared with your teacher (name the file e.g. "NCP 3rd Team vs Doncaster college").		
3 (1 hour)	Paper 1, 2 and 3 Task: Complete the 2019 Paper 1, 2 and 3 exam in exam conditions. Some questions have been crossed out as they are topics you don't complete until Y13. Once finished, mark the test and grade yourself using the following grade boundaries… A* - 81% A - 72% B - 63% C - 54% D - 45% E – 36%	Practical Footage [70% of your grade].	
4 (1 hour)			
5 (1 hour)			

6 (2 hour)	EAPI Prep Task 1: Watch the video of an ex-Y13 students EAPI to gain a better understanding of the task you will be completing in January of Y13. Make notes on; How the task is set out? What links are made to PE theory topics? How long does he speak for? Is it structured in a specific way? Anything else you feel is important…!!!	EAPI [15% of your grade].	
7 (30 mins)	EAPI Prep Task 2: Complete the coaching points / technique task that you were prepared for in lesson. <u>Reminder:</u> For every core and advanced skill in your sport, identify the coaching points / technique that should be used to perform the skill correctly.		

Physical Education (A level)

H555/01, Physiological factors affecting performance (A level), June 2019

Josh Buxton

Please note that you may see slight differences between this paper and the original.

Candidates answer on the Question paper.

OCR supplied materials:
Additional resources may be supplied with this paper.

Other materials required:
- Pencil
- Ruler (cm/mm)

Duration: 90 mins

/73

INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions, unless your teacher tells you otherwise.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Where space is provided below the question, please write your answer there.
- You may use additional paper, or a specific Answer sheet if one is provided, but you must clearly show your candidate number, centre number and question number(s).

INFORMATION FOR CANDIDATES

- The quality of written communication is assessed in questions marked with either a pencil or an asterisk. In History and Geography a *Quality of extended response* question is marked with an asterisk, while a pencil is used for questions in which *Spelling, punctuation and grammar and the use of specialist terminology* is assessed.
- The number of marks is given in brackets **[ ]** at the end of each question or part question.
- The total number of marks for this paper is **90**.
- The total number of marks may take into account some 'either/or' question choices.

1 Identify **two** effects which exercise in the heat can have on the cardiovascular system.

---

[2]

2 Flexibility can be evaluated using the sit and reach test or by using a goniometer. Make **two** comparisons between these methods of evaluating flexibility.

---

[2]

3 Identify the predominant energy system used in an elite level performance for the following activities:

100 m freestyle swim completed in 50 seconds ---

Gymnastics vault ---

[2]

4 Give a sporting example for the following classes of lever:

Second class ---

Third class ---

[2]

5 Identify a technology that is used in performance analysis to:

improve streamlining of an object _____

evaluate human movement in three dimensions _____

[2]

6(a) **Fig. 6.1** shows a motor unit.

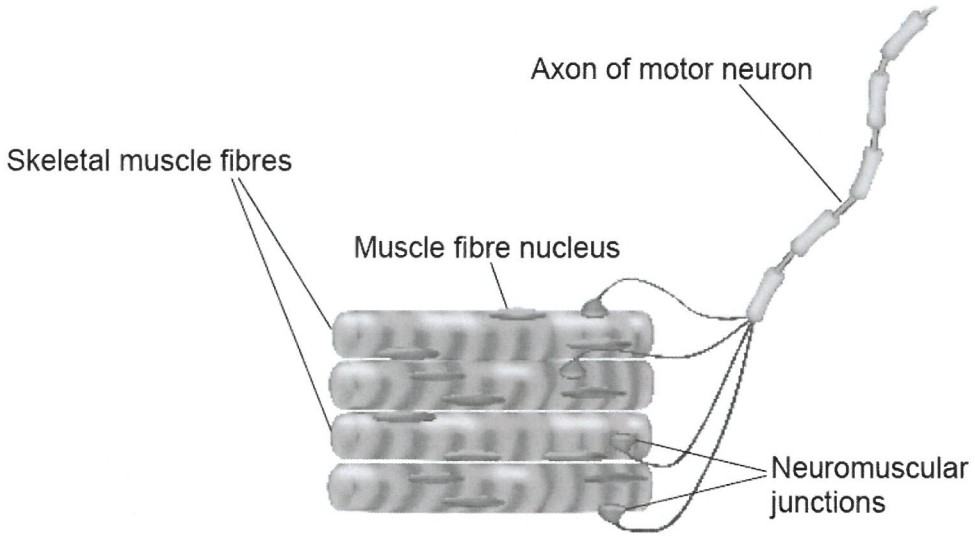


Fig. 6.1

Explain how a motor unit is stimulated to cause muscular contraction.

[3]

(b) **Fig. 6.2** shows a performer doing a calf raise.

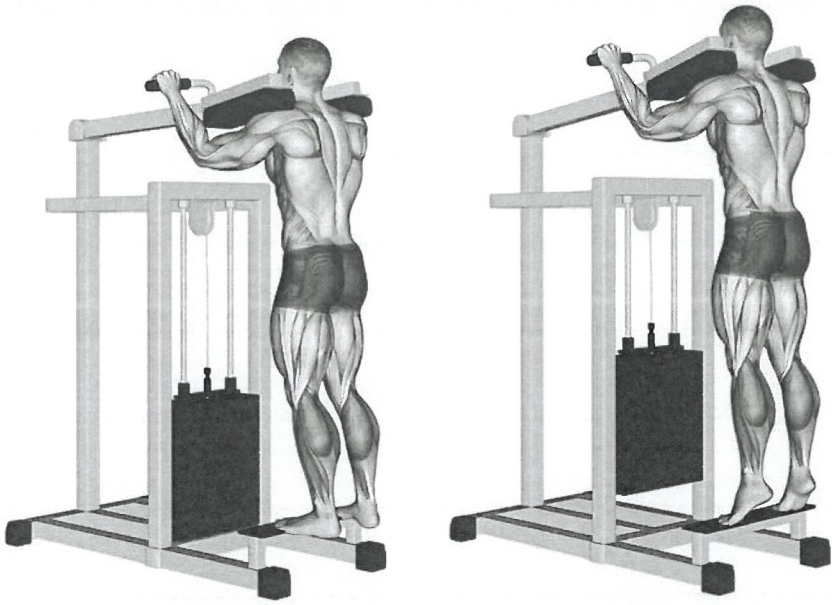


Fig. 6.2

Complete the table below to analyse the movements at the knee and ankle during the upward phase of the lift.

Joint	Joint type	Movement produced	Agonist	Type of contraction
Knee	Hinge	A:	Rectus femoris	B: .....
Ankle	C:	D:	E:	Concentric

[5]

(c)

(i) Describe the predominant energy system which resynthesises ATP while performing the long jump in athletics.

[5]

(ii) Evaluate the effectiveness of this system to resynthesise ATP.

[3]

(d) Explain why a knowledge of Excess Post exercise Oxygen Consumption (EPOC) is beneficial to an 800 metre runner when planning a training session.

[4]

7(a)

(i) Outline the physiological implications of a warm up that would be beneficial to a games player before a match.

[4]

(ii) Critically evaluate the use of cooling aids as a means of performance enhancement.

[4]

(b) Define static and dynamic flexibility.
Use practical examples to show how each type of flexibility can be beneficial to performance.

Static flexibility: ----------

Example: ----------

Dynamic flexibility: ----------

Example: ----------

---

[4]

(c) Explain the use of PRICE to manage a hamstring strain in a triple jumper.

---

[5]

(d) Explain how the following adaptations from training help to delay the onset of blood lactate accumulation (OBLA).

Increased enzyme activity ----------

Increased mitochondrial density ----------

Increased buffering capacity ----------

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[3]

8(a) **Fig. 8** shows a distance/time graph of the motion of a 100 metre sprinter.

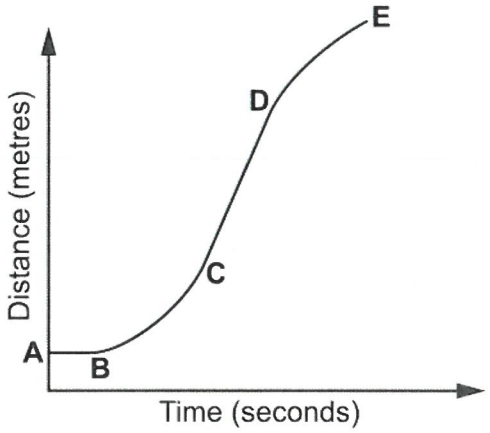


Fig. 8

(i) Describe the changes in speed of the sprinter between the following points:

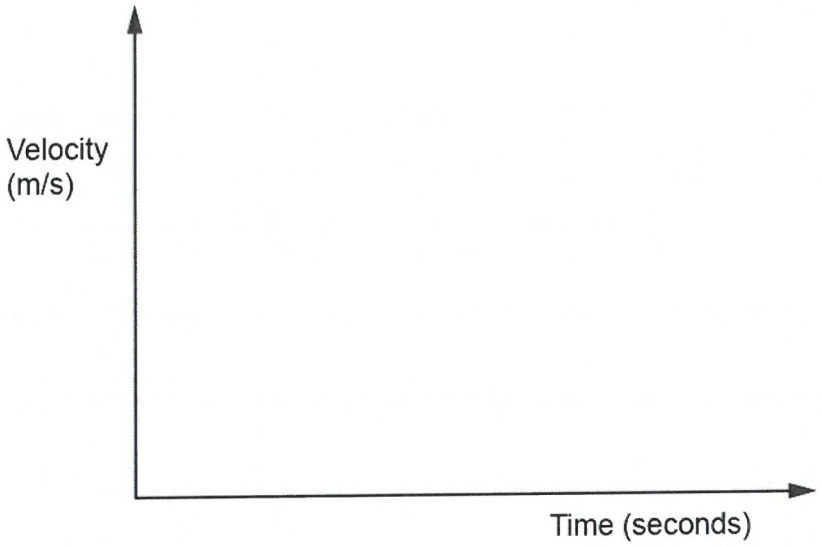
A – B ----------

B – C

D – E

[3]

(ii) Sketch a velocity/time graph to show the motion of the sprinter from the time that the gun is fired until after crossing the finish line on the axes below.



[4]

(b) A gymnast performs a handstand as part of their routine.

Identify the vertical forces acting on the gymnast and explain their relationship during the handstand.

[3]

(c) A trampolinist performs a front somersault by creating angular motion.

(i) Define angular motion and explain how it is generated to produce a somersault.

[2]

(ii) Describe the factors that affect the size of moment of inertia of the trampolinist during the front somersault.

[2]

(d) In the shot put event the shot becomes a projectile when it is thrown into the air.

(i) Explain **three** factors that affect the horizontal distance travelled by the shot in flight.

[3]

(ii) Explain the shape of the flight path of the shot.

[3]

9 * Elite runners must consume a very large volume of oxygen for aerobic respiration during a race.

Explain, using your knowledge of mechanics of breathing, how large volumes of air are inspired and expired during exercise.

Ankle injuries are common in elite runners.

Identify common ankle injuries. Describe the use of contrast therapy and anti-inflammatory drugs to treat these injuries, and evaluate the effectiveness of these treatments.

[20]

END OF QUESTION PAPER

Physical Education (A level)

H555/02, Psychological factors affecting performance (A level), June 2019

Josh Buxton

Please note that you may see slight differences between this paper and the original.

Candidates answer on the Question paper.

OCR supplied materials:
Additional resources may be supplied with this paper.

Other materials required:
- Pencil
- Ruler (cm/mm)

Duration: 60 mins

/40

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- The total number of marks for this paper is **60**.
- The total number of marks may take into account some 'either/or' question choices.

1 Define 'fixed practice' and give an example of a skill for which it would be suitable.

[2]

2 In relation to Weiner's model of attribution explain the term 'locus of control'.

[2]

3 Using practical examples give **two** ways in which a sports coach could optimise positive transfer.

[2]

4 Define what is meant by a 'complex skill'. Give a practical example of a complex skill in sport.

[2]

5 Define the terms intrinsic and extrinsic motivation.

Intrinsic motivation:

Extrinsic motivation:

[2]

6(a) Selective attention is one aspect of the short-term sensory store.

(i) Identify the capacity and duration of the short-term sensory store.

[2]

(ii) Explain the term 'selective attention'.

[1]

(iii) Provide a sporting example of a performer using selective attention.

[1]

(b) Apply your knowledge of the stages of learning to complete the passage below using appropriate words from those provided in the table.

Each word chosen can only be used once:

erratic	returns	imagery	errors
negative	fluent	deliberate	inconsistent
automatic	extrinsic	reactions	intrinsic

The movements of a badminton player in the autonomous stage of learning will be ..... .

The player's ..... will be slower in the associative stage of learning.

In the autonomous stage of learning, the badminton player will rely more on ..... feedback to correct errors.

In the associative stage of learning, the player still relates what they are doing back to mental images rather than performance being ..... .

[4]

(c) Evaluate the use of verbal guidance and visual guidance in the learning of movement skills.

[6]

(d)

(i) Using a sporting example, describe how a coach would teach a performer according to the cognitive theory of learning.

[2]

(ii) Some performers learn a new skill by following the cognitive theory of learning. Analyse how following this approach may affect their learning.

[4]

7(a)

(i) Define the term 'stress'.

[1]

(ii) Identify **three** methods that could be used to manage stress.

[3]

(b) Forming is the first stage of group development. In this stage a sports team depends on the leader for direction and the team members start to get to know one another.

Using the example of a sports team, describe the next **two** stages of development that the group would go through.

[4]

(c) Fig. 1 illustrates Vealey's model of sports confidence.

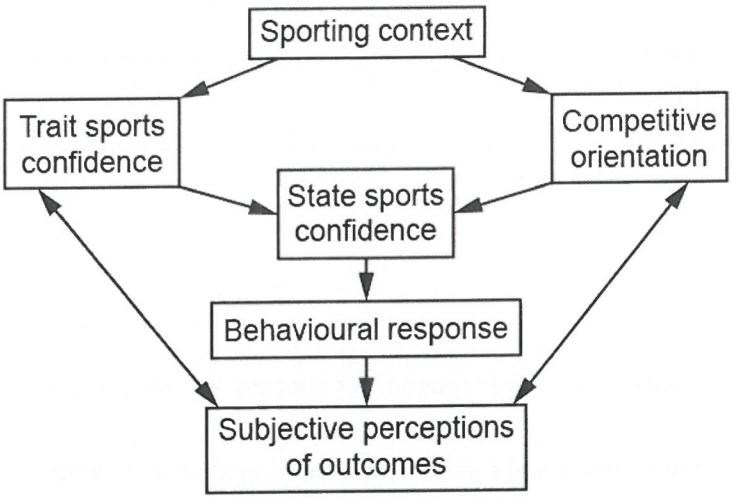

Fig. 1

Explain Vealey's model of sports confidence.

[6]

(d) Performers use attributions to explain reasons for success and failure in sport.

Discuss the impact of an individual's attributions following a failure in sport.

[6]

8 ~~*Explain the different styles of leadership that a sports coach may use.~~ Just answer this part!

Using practical examples, evaluate the different types of feedback that a coach or leader might use to help improve the performance of sports performers.

[10]

END OF QUESTION PAPER

Physical Education (A level)

H555/03, Socio-cultural issues in physical activity and sport (A level), June 2019.

Josh Buxton

Please note that you may see slight differences between this paper and the original.

Candidates answer on the Question paper.

OCR supplied materials:
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Other materials required:
- Pencil
- Ruler (cm/mm)

Duration: 60 mins

/27

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1 Give **two** examples of how ex public school boys contributed to the development of sport after 1850.

---

[2]

---

2 The Olympic Games have sometimes been used for political purposes.

Complete the following table. The first example has been done for you.

Year Games held	Venue of Games	Political Incident
1968	Mexico	Athletes used 200m medal ceremony to demonstrate about civil rights in the USA
1972		
1980		

[2]

3 Name and describe the two levels of UK Sport's World Class Programme.

Level 1

Name: _____

Description: _____

_____

Level 2

Name: _____

Description: _____

_____

[2]

4 How do sports clubs contribute to elite sporting success?

_____

_____

_____

[2]

_____

5 Identify **two** changes in the media coverage of women's sport since the 1980s.

_____

_____

_____

[2]

_____

6(a) The table below shows the number of cities which made a bid to host each Olympic Games from 2004 to 2028.

Year of Olympic Games	Number of cities bidding to host the Olympic Games
2004	11
2008	10
2012	9
2016	7
2020	5
2024	2
2028	1

Explain possible reasons for the trend shown in the table.

[5]

(b) Fig. 1 and Fig. 2 below give information about social class and its impact on sport.

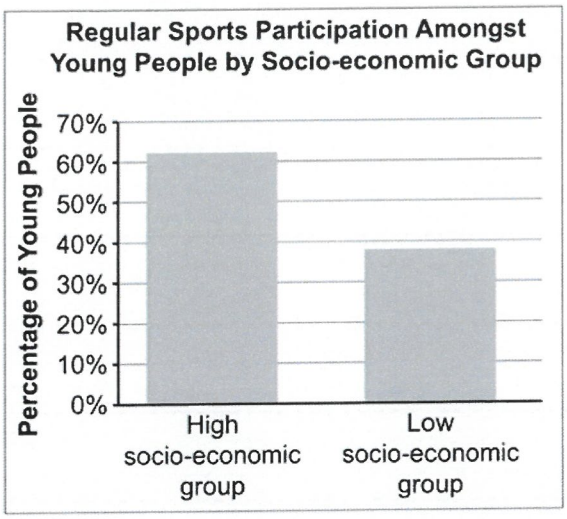


Fig. 1

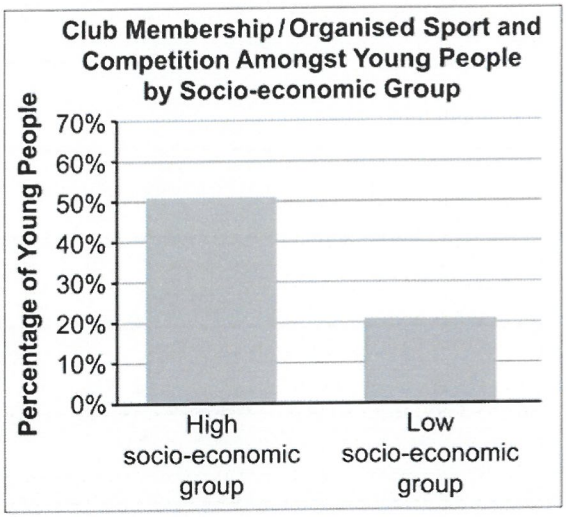


Fig. 2

Source: StreetGames 2014

Using the graphs above and your own knowledge, discuss the impact that social class has on 21st century sport.

[5]

(c) Mob football declined as a pastime in post 1850 industrial Britain.

Explain the social and cultural changes that caused this to happen.

[6]

(d) Explain what is meant by the terms 'amateur' and 'professional' in sport.

How has the social class of amateurs and professionals changed since pre-industrial times?

[4]

7(a) Using specific examples from a sport of your choice, explain the concept of the 'golden triangle'.

Chosen sport: _____

[4]

(b) Critically evaluate the effect that modern technology has on the sports spectator.

Give examples in your answer.

[6]

(e) Athletes sometimes drop out of elite development programmes.

What strategies can be used to prevent this happening?

[4]

(d) At the 2016 Rio Paralympics, Team GB won more medals than ever before.

How might the National Institutes of Sport have helped this to happen?

Give examples in your answer.

[6]

8 How does the law affect sport in the 21st century?

Explain, giving examples, the link between the law and deviance in sport.

[10]

END OF QUESTION PAPER

Task 6:

EAPI Video:

- Part 1: Matthew Moses (Part 1)
- Part 2: Matthew Moses (Part 2)

EAPI Video Notes:

Task 7:

Annotate images to show the correct technical model for every core and advanced skill in **your sport.** Make links to A-Level PE topics to back up the points made.

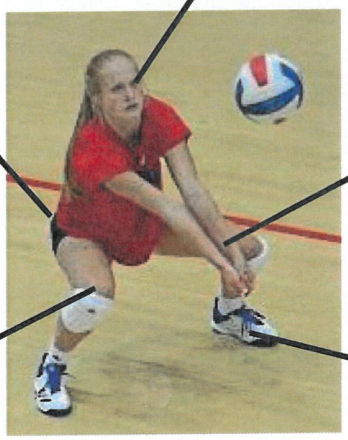
See the example below...

Complex skill with lots of decisions so you need to be paying attention to the sped, direction, height and spin on the ball.

Eyes on the ball at all times.

Get low to the floor for increased balance during the shot.

Lower centre of mass increases stability.



Flat surface created with arms and hands to make sure the ball travels in the right direction.

Knee flexion to allow you to get low.

Joint Type: Hinge
Plane: Sagittal
Agonist: Bicep Femoris
Contraction: Concentric
Antagonist: Rectus Femoris
Contraction: Eccentric

Wide leg position to help stay balanced during the shot.

Wide base of support and line of gravity maintained within the base of support for increased stability.

Use the space on the next pages to complete this for your own sport!!!