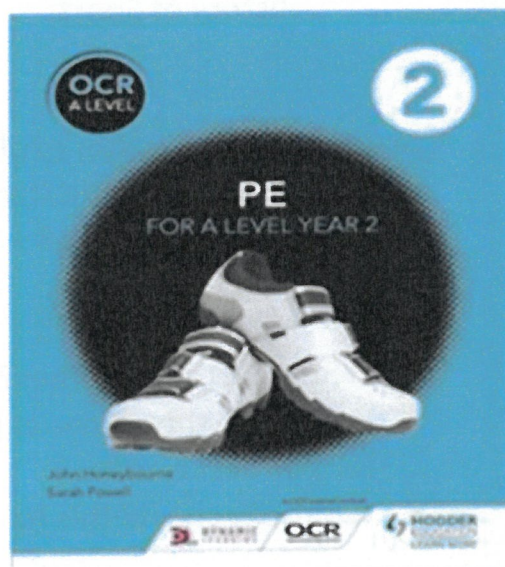
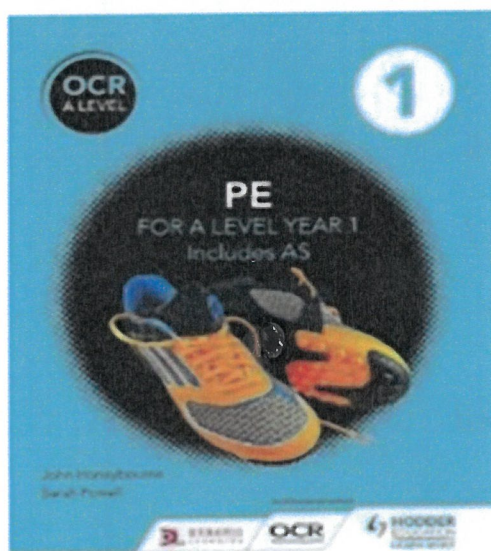


A-Level PE Summer Independent Learning (SIL) Task

(Y11 into Y12)

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



Name: _____

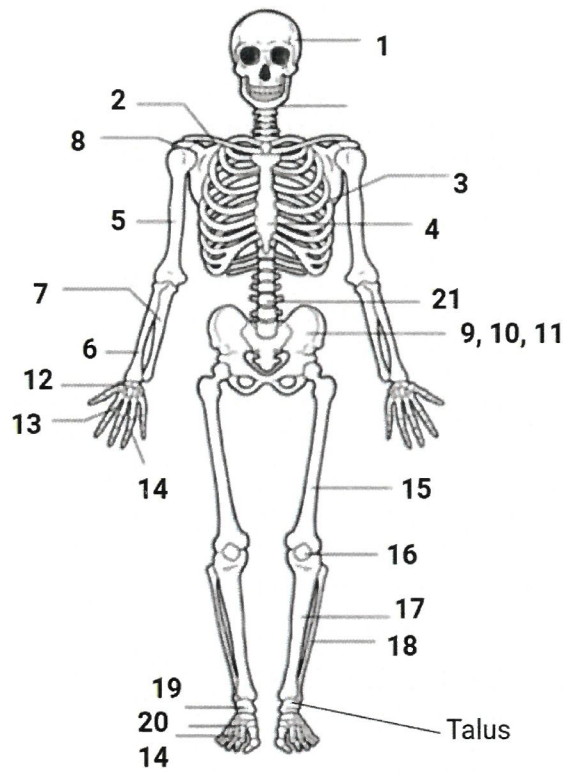
School: _____

Checklist:

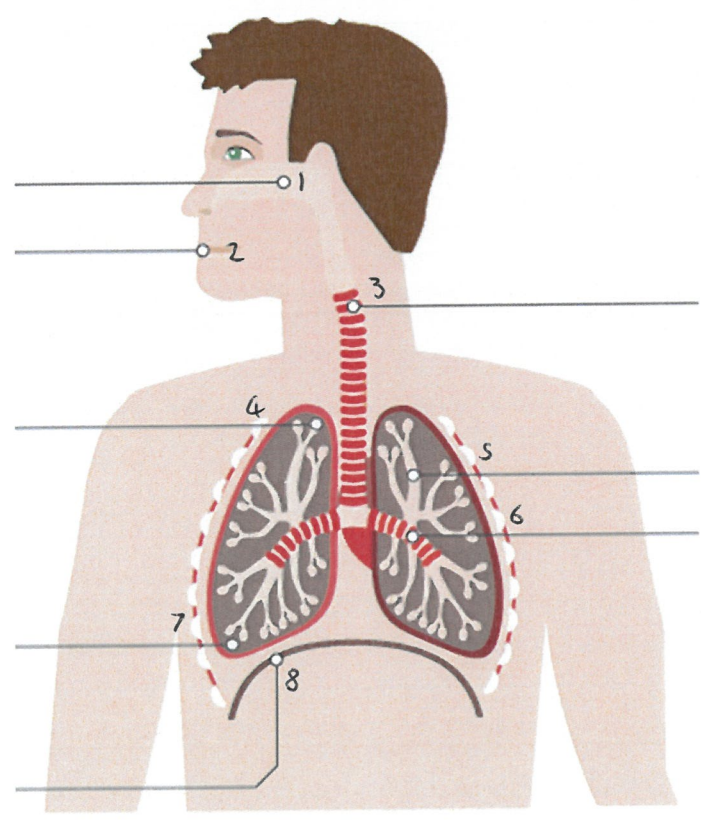
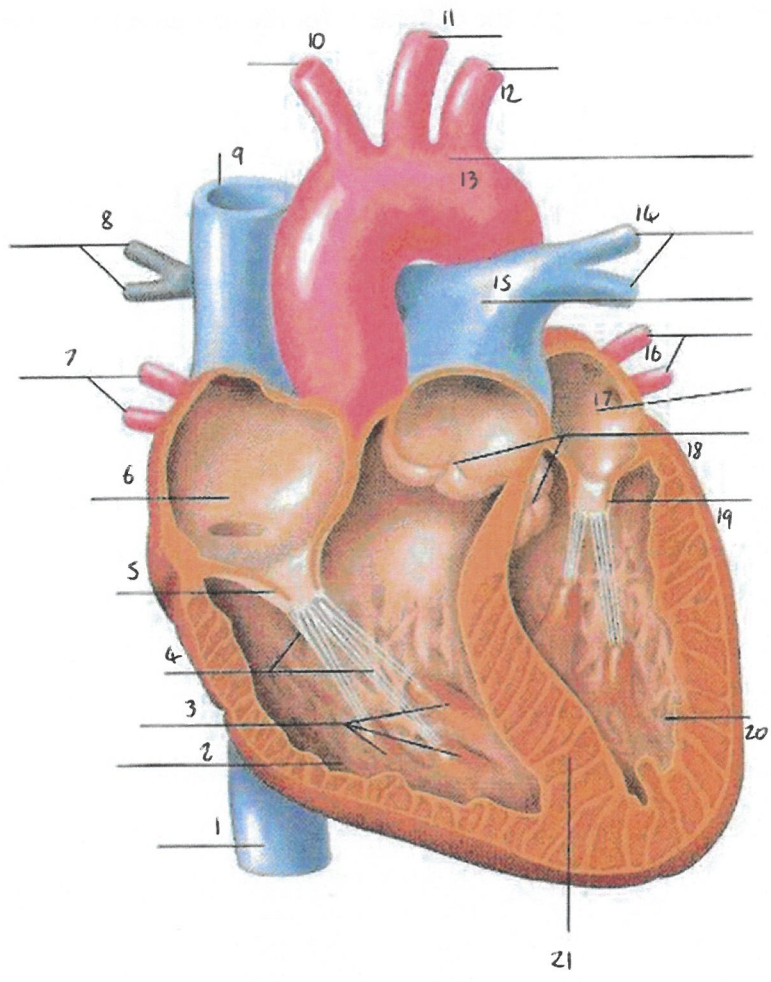
Task Number	Task Details	Component of Assessment	Tick Once Complete
<p>1</p> <p>(1 hour)</p>	<p><u>Anatomy & Physiology Tasks:</u></p> <ul style="list-style-type: none"> • Label the 4 body systems diagrams • Key Terms Definitions Table 	<p>Exams</p> <p>[70% of your grade].</p>	
<p>2</p> <p>(1 hour)</p>	<p><u>History of Sport:</u></p> <p>Create a detailed poster explaining the following about the Olympic Games held in 1936 / 1968 / 1972 / 1980 / 1984...</p> <ul style="list-style-type: none"> • Where were the games? • How were the games exploited for political reasons? • What effects did this have? 	<p>Exams</p> <p>[70% of your grade].</p>	
<p>3</p> <p>(1 hour)</p>	<p><u>Skill Classification:</u></p> <p>Watch the video and make notes summarising the topic skill classification in the space provided. Include as many examples as you can think of.</p>	<p>Exams</p> <p>[70% of your grade].</p>	

<p>4</p> <p>(2 hours)</p>	<p><u>Book / Video Review:</u></p> <p>Write a review of a book, video, film, series of your choice that you think will link in well to the A-Level PE course.</p>		
<p>5</p> <p>(N/a).</p>	<p><u>Tasks To Prepare For PE At New College:</u></p> <ul style="list-style-type: none"> • You will need 3 large folders (1 for each of the 3 exams). • You will need to order a New College Pontefract PE Shirt for practical's, off-site lessons and University visits. • Make sure you are playing at least one sport competitively. 15% of your total grade is based around your main sport. You must be part of a team or be in regular competition. • Download the following apps onto your phone which will be used throughout the course... <p>Microsoft Teams Microsoft One Drive Microsoft Lens</p>		

Task 1.1: Label the 4 diagrams to show an understanding of the 4 body systems...



A diagram of a human muscular system with 20 numbered labels (1-20) and two empty boxes at the top, surrounded by empty boxes for labeling. The labels are: 1 (Deltoid), 2 (Biceps brachii), 3 (Triceps brachii), 4 (Pectoralis major), 5 (Rectus abdominis), 6 (External oblique), 7 (Latissimus dorsi), 8 (Trapezius), 9 (Serratus anterior), 10 (Gluteus maximus), 11 (Hamstrings), 12 (Gastrocnemius), 13 (Soleus), 14 (Tibialis anterior), 15 (Peroneus), 16 (Deltoid), 17 (Biceps brachii), 18 (Triceps brachii), 19 (Pectoralis major), and 20 (Rectus abdominis).



Task 1.2: Complete the table by filling in the definitions for the following key terms....

Key Term	Definition
Heart Rate	
Stroke Volume	
Cardiac Output	
Breathing Rate	
Tidal Volume	
Minute Ventilation	
Capillarisation	
Muscle Hypertrophy	
Vascular Shunt	
Alveoli	
Venous Return	

Diffusion	
Cas Exchange	
Diffusion Gradient	
Isotonic Muscle Contraction	
Concentric Muscle Contraction	
Eccentric Muscle Contraction	
Isometric Muscle Contraction	
Adenosine Triphosphate	
Enzyme GPP	
Exothermic Reaction	
Coupled Reaction	
Energy	

Task 2: Olympic Games Poster:

Task 3: Watch the video (using the link below) and make notes on the different ways in which we can classify skills. Add as many sporting examples as you can in a different colour.

https://www.youtube.com/watch?v=IYcbtd6v7mA&list=PLzh4kOin3WArl_EFstlxY3tGb5JkKkFqS

(If the link doesn't work, search "James Morris – Skill Classification" into YouTube)

