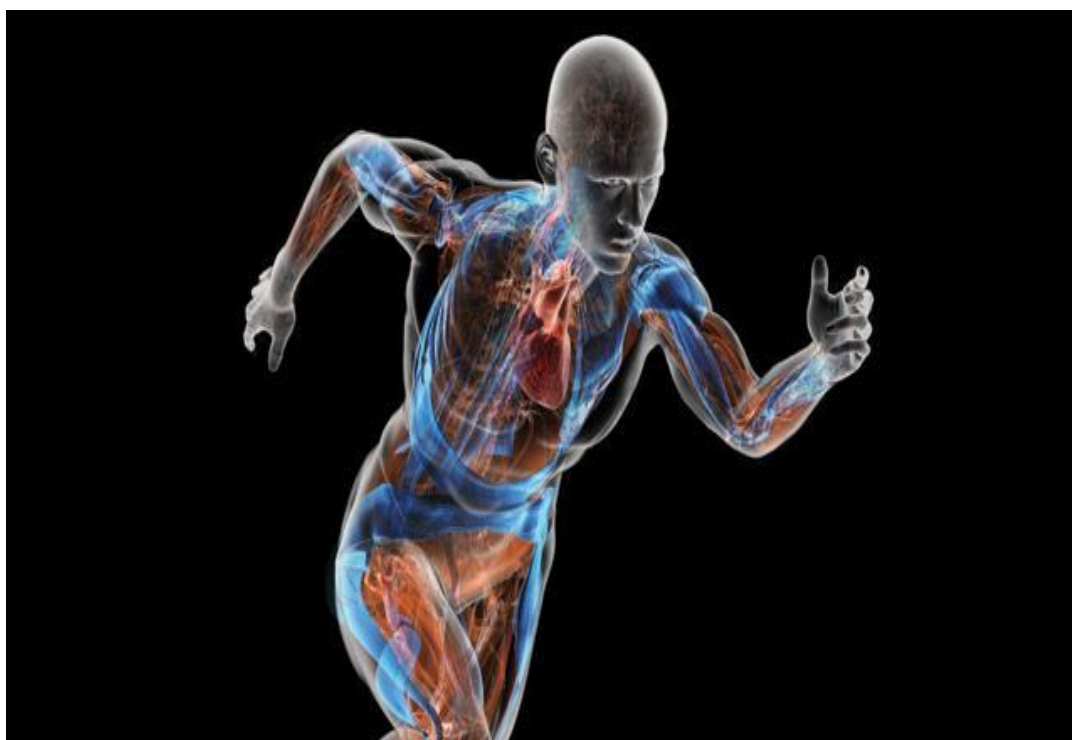


A-Level PE

SIL



EAPI Task (15%)

Practical Sport Specification. Go to PAGES 38 & 39

INSTRUCTIONS:

Find your sport from the list

Find still images and create a workbook containing one image per page, per skill including:

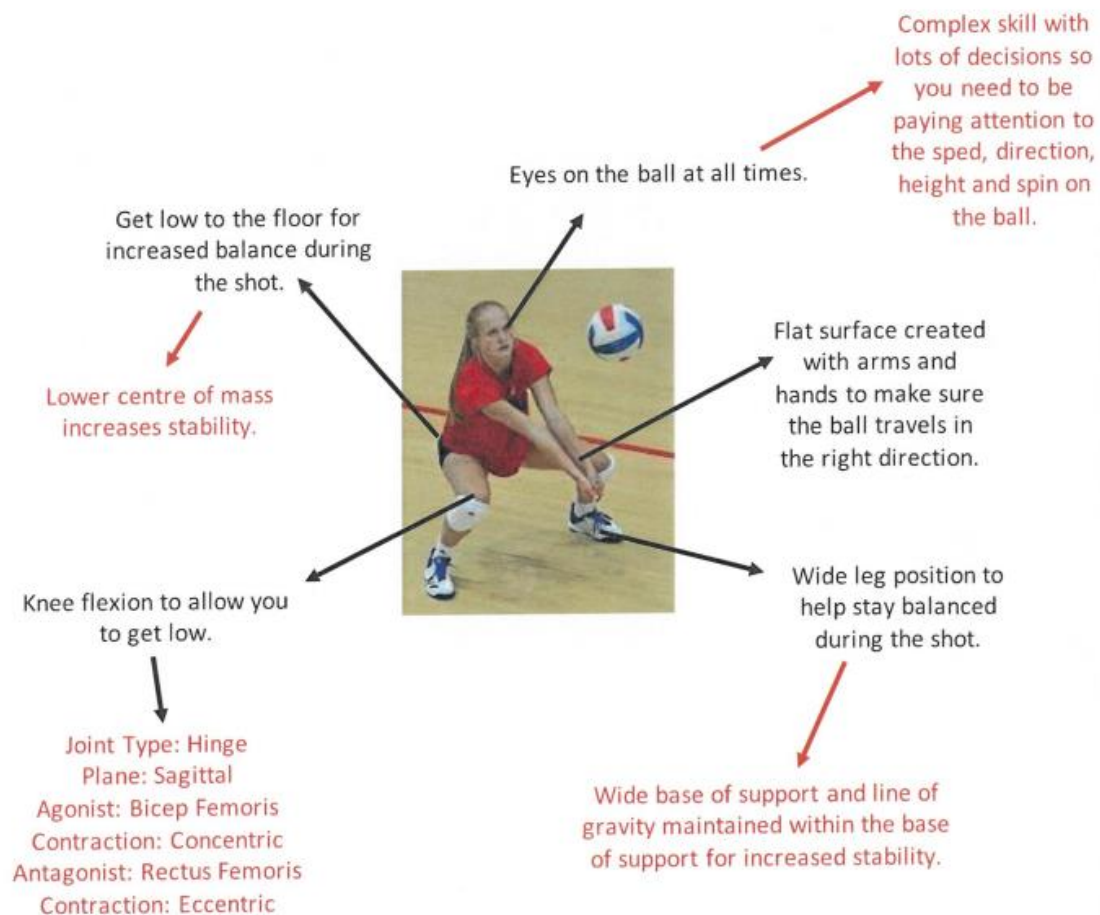
ALL core skills

ALL advanced skill

ALL decisions

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...



Click On the following playlist to help you complete these tasks:

[James Morris PE](#)

1

(a) The images show an athlete throwing a discus with their right hand.



Complete the table to analyse the movement at the right shoulder and right hip during the discus throw.

Joint	Movement	Agonist muscle	Antagonist muscle	Type of contraction
Shoulder				Concentric
Hip	Medial rotation			

[6]

(b) Give **two** structural and **two** functional characteristics of fast oxidative glycolytic muscle fibres.

Structural characteristics:

1

2

Functional characteristics:

1

2

[4]

(c)

(i) Explain **one** benefit of good hip flexibility for a performer in a sport of your choice.

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..... [1]

(ii) Describe the use of a goniometer to measure flexibility.

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.....
..... [3]

(d) Periodisation is the organisation of training into specific blocks or phases.

Complete the table to show your knowledge of the periodisation of training.

Periodisation term	Description
Preparatory phase	
	Fitness is maintained; focus is on tactics and strategies.
Tapering	
	Active rest and recuperation.

[4]

3

(a) Apply Newton's **three** laws of motion to the example of a footballer taking a penalty kick.

First Law:

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Second Law:

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Third Law:

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[6]

(d) Discuss the benefits of the use of limb kinematics and wind tunnels to optimise performance in sport.

Limb kinematics

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Wind tunnels

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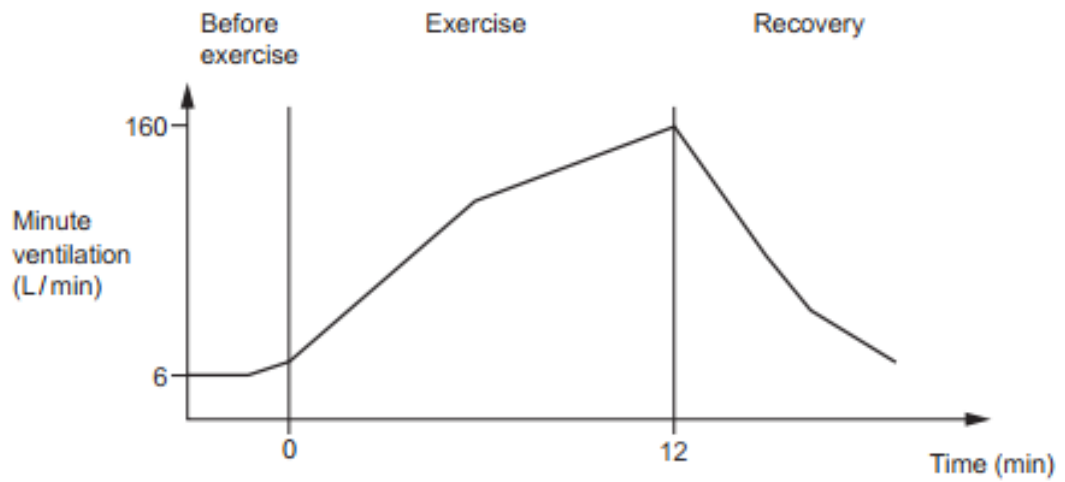
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[5]

- 4* The graph shows the minute ventilation of a performer with high aerobic capacity completing and recovering from a multistage fitness test.



Use your knowledge of the regulation of breathing to explain the changes in the performer's minute ventilation shown in the graph.

Evaluate both continuous training and high intensity interval training (HIIT) as methods used to improve aerobic capacity for games players. [10]

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