

**A LEVEL PHYSICAL EDUCATION**  
**SUMMER WORK 2020**

**Socio-Cultural Issues in Sport – Mr. Stoneman**

Within the Sport and Society section of the A Level PE course, we examine the Emergence and Evolution of Sport. To help contextualise what we will cover from September, please spend some time researching the evolution of a sport of your choice. In particular, it should cover key developments around the following points in time.

- 1700-1800
- 1850-1900 (including the role played by Public Schools at this time)
- 1900-2000
- 2000-today

HINT- You will probably find Football, Rugby, Athletics, Cricket or Swimming the easiest to find information on because we know they have historic roots.

As a rough guide, I am expecting you to present in the region of one side of A4.

*Recommended- Listen to Sport and The British Podcast from BBC Radio 4.*

Please bring your work to your 1<sup>st</sup> lesson with Mr Stoneman, being prepared to share with the group.

**Psychology Factors Affecting Performance – Mrs. Collins**

Within Psychology of Sport, one topic area that you will be examined on is concerned with Skill Acquisition.

It is important to understand and be able to identify characteristics of a skilful performance.

Choose an image that you think portrays a skilful performance in a sport/ activity of your choice.

- Name the performer, the sport, and the context of the picture.
- Use the image to create a visual aid poster.
- On one side of the image use text to describe the characteristics in the execution that makes it a skilful performance.
- On the other side of the image list the abilities the performer needs to possess in order to execute the skill shown and some ideas about how this skill may have been learned.

Please bring your work to your 1<sup>st</sup> lesson with Mrs Collins, being prepared to share with the group.

**Physiological Factors Affecting Performance – Mr. Dandy**

Another area of study is the body and how it is affected by exercise. Using the same or a different sporting image as in your Skill Acquisition task, label the following;

- Bones
- Muscles
- Joints and joint types

Please bring your work to your 1<sup>st</sup> lesson with Mr Dandy, being prepared to share with the group.