



Summer Tasks July 2023

So, you think you would like to study: **PHYSICAL EDUCATION**

Summer Task Title / Instructions:

Students should complete ALL sections of the Summer task.



Raheem Sterling in action.

SECTION A - APPLIED ANATOMY & PHYSIOLOGY

Using the photograph of Raheem Sterling, give a detailed analysis of movement for all aspects of the specific skill that he is preparing to perform.

Details should include:

- The relationship between the muscular and skeletal systems to meet the demands of exercise.
- Planes & axes.
- Joints, bones and movements.
- Muscle contractions.

SECTION B – SKILL ACQUISITION

Effective sports performers, like Raheem Sterling use a process called selective attention.

Using the photograph above:

- Explain the term selective attention.
- Describe how selective attention can be developed.
- Evaluate the effectiveness of and benefits of this process in helping Sterling to make decisions.

SECTION C – SPORT & SOCIETY

In sport there are a number of possible causes of inequality caused by different barriers to participation.

Using the paragraph above:

- Describe the terms stereotyping, prejudice and discrimination?
- What are the possible barriers that Raheem Sterling may have faced in his career and describe any organisations/initiatives that have been set up to overcome such barriers

SECTION D - PiXL Gateway Progression Tasks

See separate document

Websites related to your Summer Task:

A Level PE Anatomy & Physiology: James Morris

<https://www.youtube.com/watch?v=otHNMOaXSns&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16>

Selective attention

<https://www.youtube.com/watch?v=ojQO8OkXwiA>

The black players who braved abuse and changed the game | Football's fight against racism

<https://www.youtube.com/watch?v=eb74EvJXX04>

Show racism the Red Card

<https://www.youtube.com/watch?v=Nde7ClxNUXo>

Any questions regarding the summer task or the A level PE Course, please email:

t.honey@springwoodhighschool.co.uk

Please submit the tasks, as well as a copy of the reading log, to your teacher on the first lesson in September. Feel free to do multiple summer tasks if you are unsure on what subjects to study.