



## Summer Tasks July 2025

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

### COMPULSORY TASKS

Students should complete **ALL 3 sections** of the summer task *using the accompanying PowerPoint and Handouts*.

### SECTION A - APPLIED ANATOMY & PHYSIOLOGY

Your tasks will help to:

- Improve your knowledge about Musculo-skeletal anatomy and the types of joint, planes and axes in the body
- Develop your understanding of movement analysis and the key terminology used to describe a player's movement.

Using **Handout 1**: Using the photograph of Raheem Sterling, give a detailed analysis of movement for all the joints (**shoulder**, **elbow**, **hip**, **knee**, **ankle**) used to perform the specific skill.



- Type of Joint (ball & socket, hinge)
- Joint Action (flexion, extension, hyper-extension, plantar-flexion, dorsi-flexion, abduction, adduction, horizontal abduction, horizontal adduction)
- Articulating bones (the bones that meet at the joint)
- Agonist (the muscle contracting and shortening)
- Antagonist (the muscle relaxing and lengthening)
- Plane (frontal, sagittal, transverse)
- Axis (sagittal, transverse, longitudinal)

Using **Handout 2**: Complete the questions.

## **SECTION B – SKILL ACQUISITION**

Your tasks will help to:

- Develop your understanding of information processing within a sporting context
- Improve your knowledge of skill classification and the key terminology used to describe skilled performances.

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



Raheem Sterling in action.

**Using Handout 3:**

1. Define selective attention in a sporting context and apply it to Raheem - you could include information on Whiting's information processing model.
2. What information is bombarding Raheem's senses at that moment - what decisions does he have to make before selecting the course of action/skill he is going to perform?
3. How can Raheem's coaches help to develop his selective attention?
4. What are the benefits of Raheem having good selective attention?

**Using Handout 4:**

Classify, with justification, Raheem Sterling's shot on the following skill classification continua:

- Fine - Gross
- Closed - Open
- Simple - Complex
- Self-paced – externally-paced
- Discrete – Serial - Continuous
- Low organisation - High organisation

## **SECTION C – SPORT & SOCIETY**

Your tasks will help to:

- Develop your understanding of the key terms in relation to the impact on equal opportunities in sport and society.
- Develop your understanding of the characteristics of pre-industrial and post-industrial society and the impact on sporting recreation.

### **Using Handout 5:**

In sport, there are a number of possible causes of inequality caused by different barriers to participation. Using the statement above:

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

### **Using Handout 6:**

Please complete the sports history timeline worksheet.

## **Websites related to your Summer Task:**

### **Section A:**

[Joints and Movements - James Morris](#)

### **Section B:**

[Selective attention](#)

[Whiting's Information processing Model](#)

[Focus & Concentration for Athletes in Sports](#)

### **Section C:**

[Y11-12 Psychology: Stereotypes](#)

[Stereotypes in Sport](#)

[Raheem Sterling opens up about racism, family & his career so far | BBC Sport](#)

[#FightRacism: Interview with British football star Raheem Sterling](#)

[The black players who braved abuse and changed the game | Football's fight against racism](#)

[Show racism the Red Card](#)

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

**[t.honey@springwoodhighschool.co.uk](mailto:t.honey@springwoodhighschool.co.uk)**

## **OPTIONAL TASKS**

### **Challenge 1:**

One section of the A level course is Physiology, and the Year 12 content has a lot of assumed knowledge (you are just expected to know it/remember it from GCSE) about anatomy. So, you need to know ALL of the key terms for the cardiovascular system, respiratory system, muscular/neuromuscular system and skeletal system. Use your GCSE notes & research to create flash cards/a glossary.

### **Challenge 2:**

One section of the A level course that you won't have studied before is History - which is the study of how (and why) sport has evolved overtime!

Watch some of the below clips to familiarise yourself with some sports that existed in pre-industrial Britain (but are still performed today!) :

[The biggest tumbles from the 2019 Gloucester Cheese Rolling Race](#)

[Shrovetide Football](#)

[Real Tennis World Championship 2014](#)

Consider why these sports existed.

### **Challenge 3:**

Another part of the A level PE course that we only do a little bit of at GCSE is sports psychology. If this is something that you are interested in, then watch this TED talk to get you thinking:

[Sport psychology - inside the mind of champion athletes: Martin Hagger at TEDxPerth](#)

### **Challenge 4:**

Learn some new content! Take a look at the below video and try to answer the following questions about the cardiac conduction system:

[Cardiac Conduction System and Understanding ECG, Animation.](#)

- 1) What is the natural pacemaker in the heart?
- 2) What are the three main stages of the conduction system?
- 3) Why is the AV node so important?

### **Challenge 5:**

Learn some new content! Watch the below video and answer the following questions about theories of arousal:

[Theories of Arousal](#)

- 1) What are the 4 main theories of arousal in sport?
- 2) Which arousal theory do you most agree with and why?
- 3) Have you experienced under or over arousal in sport?

### **Challenge 6:**

Learn some new content! Watch the below video and answer the following questions about amateurs and professionals:

[Amateurs and Professionals](#)

- 1) What is the difference between amateurs and professionals?
- 2) Why did sport start as only amateurs?
- 3) How did we get professional sport?

**Please submit the Summer task 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.**