



Year 12 into 13 Summer Task 2025

Subject: PE

Compulsory Tasks:

Complete all Year 12 topic Checkpoint tests on theeverlearner.com for all 3 sections to a standard of 60%, otherwise will need to be attempted again until this % is reached.

Support:

Remember – theeverlearner.com is also a useful website for providing video tutorials on each topic.

1. Applied anatomy & physiology

- Cardiovascular and respiratory system – Checkpoints 1,2,3
- Neuromuscular and skeletal system – Checkpoints 4, 5
- Energy systems – Checkpoint 6
- Energy expenditure and specialist training – Checkpoint 7

2. Skill acquisition

- Skill – Checkpoints 1 & 2
- Memory and information processing – Checkpoints 3, 4

3. Sport & society

- Emergence of globalisation of sport in the 21st century – Checkpoint 1
- Sociological theories – Checkpoints 2, 3

4. Coursework

- **Area of Assessment 2 and 3 – Analyses** - Please work on your corrections on your AA2 & AA3 Analyses – acting on the advice/support given (on your Google Docs) – final draft deadline 26th September.

Optional Tasks:

Three 15 mark extended answer questions on:

- Anatomy & Physiology
- Skill Acquisition
- Sport and Society

You can email t.honey@springwoodhighschool.co.uk any questions relating to the tasks or the Analysis coursework.

Applied Anatomy & Physiology

Wayde van Niekirk set a new world record in the 400m at the 2016 Summer Olympics in Rio de Janeiro. The table below shows his 50m split times from the race.

Distance	Split time (seconds)
0-50m	6.0
50-100m	4.7
100-150m	4.8
150-200m	5.0
200-250m	5.1
250-300m	5.4
300-350m	5.8
350-400m	6.2

Analyse the use of the anaerobic energy systems during the 400m race and their impact on the split times.

[illegible]

Skill Acquisition

A batsman in cricket may face a bowler who can deliver the ball at over 90mph. The batsman therefore needs to take in information and process it very quickly.

Analyse how the input stage of information processing will differ between an international and a local club batsman and explain how a coach can adapt the strategies to improve selective attention to each player's level of ability.

[illegible]

Sport and Society

Analyse how the changes in society between 1780 and 1900, driven by the Industrial Revolution, improved the sporting opportunities available to the working classes in Great Britain.

[illegible]

