



Summer Tasks July 2026

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

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.