

## **P.E.**

### **Suggested Additional Reading:**

AQA A Level PE for Year 1 and AS - Book 1 (2016) Artherton, Burrows, Howitt, Young. Editor: Mike Murray

AQA A Level PE for A-level Year 2 - Book 2 (2016) Artherton, Burrows, Howitt, Young. Editor: Mike Murray

AS/A level PE/Sports Studies (2004) – Atherton, Burrows & Young.

Sport and PE – A Complete Guide to Advanced Level Study (2005) Wesson, Wiggins-James, Thompson & Hartigan.

### **Websites:**

[www.brianmac.co.uk](http://www.brianmac.co.uk)

[www.ted.com](http://www.ted.com)

A level Specification:

<https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

### **Section A: Applied anatomy and physiology**

<https://quizlet.com/84214992/aqa-a-level-physical-education-anatomy-physiology-flashcards/>

Exploring the Heart

<https://www.youtube.com/watch?v=-s5iCoCaofc>

<https://www.youtube.com/watch?v=qqU-VjqjczE>

<https://www.youtube.com/watch?v=RYZ4daFwMa8>

Respiratory System

<https://www.youtube.com/watch?v=mZvzI8KH6il>

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

Muscular System

<https://www.youtube.com/watch?v=hY2fa6Q98-k>

<https://www.youtube.com/watch?v=ecwrf5GIG4k>

Skeletal System

<https://www.youtube.com/watch?v=WdCRrcfan44>

Movement Analysis

<https://www.youtube.com/watch?v=pQUMJ6Gh9Bw>

<https://www.youtube.com/watch?v=sqtE9GILBJs>

[https://www.youtube.com/watch?v=gxxy7AP\\_eGQ](https://www.youtube.com/watch?v=gxxy7AP_eGQ)

Anatomy & Physiology

<https://www.teachpe.com/anatomy-physiology/energy-systems>

Faster, Higher, Stronger KJT

<https://www.youtube.com/watch?v=wmqMs329Dcc&safe=active>

### **Section B: Skill acquisition**

Read "The Inner Game of Tennis" by Timothy Gallway

<https://www.teachpe.com/sports-psychology/skill-acquisition>

<https://quizlet.com/393470610/aqa-a-level-pe-skill-acquisition-flash-cards/>

### **Section C: Sport and society**

Netflix "The English Game"

Stop at Nothing- The Lance Armstrong Documentary"

<https://www.youtube.com/watch?v=tpb-VBNoEC0&safe=active>

Cristiano Ronaldo- Tested to the Limit

<https://www.youtube.com/watch?v=4achmhZLNoY&safe=active>

<https://quizlet.com/gb/178756247/aqa-a-level-pe-sport-and-society-revision-flash-cards/#>