



Summer Tasks July 2019

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 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

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

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.