



Year 12 into 13 Summer Task 2021

Subject: PE

Summer Task instructions:

Complete all Year 12 topic Checkpoint tests on theeverlearner.com for all 3 sections:

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

Skill acquisition

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

Sport & society

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

Each Checkpoint test must be completed to a standard of 70%, otherwise will need to be attempted again until this % is reached. Your PE teacher will be looking at this online data during your first PE lesson in September.

Support:

You can email t.blandford@springwoodhighschool.co.uk any questions relating to the task or the A-level course.

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