



Year 12 into 13 Summer Task 2023

Subject: PE

Summer Task instructions:

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.

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

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 – Analysis** - Please work on your AA2 Analysis coursework (on your Google Docs) – first draft deadline 29th September.