# 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

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=mZvzl8KH6iI

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

Muscular System

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

https://www.youtube.com/watch?v=ecwrf5GlG4k

Skeletal System

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

Movement Analysis

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

https://www.youtube.com/watch?v=sqtE9GlLBJs

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/#