



## **Summer Tasks July 2023**

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 are 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

### **SECTION D - PiXL Gateway Progression Tasks**

See separate document

**Websites related to your Summer Task:**

A Level PE Anatomy & Physiology: James Morris

<https://www.youtube.com/watch?v=otHNMOaXSns&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16>

Selective attention

<https://www.youtube.com/watch?v=ojQO8OkXwiA>

The black players who braved abuse and changed the game | Football's fight against racism

<https://www.youtube.com/watch?v=eb74EvJXX04>

Show racism the Red Card

<https://www.youtube.com/watch?v=Nde7ClxNUXo>

**Any questions regarding the summer task or the A level PE Course, please email:**

[t.honey@springwoodhighschool.co.uk](mailto:t.honey@springwoodhighschool.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.**