



Hartismere School: Pre A Level Physical Education Work

Assessment

- 2 Exams (2 hours each, 105 marks each, 35% per paper)
- Non Exam Assessment (Coursework)- 90 Marks, 30% of A-Level.

Recommended Resources:

In preparation for your study on the course, we recommend that you purchase an A Level PE textbook to help you improve your knowledge alongside your studies. These will be referred to during your PE lessons next year:

AQA A Level PE (Year 1 and 2- Year 12 and 13 Content)

[https://www.hoddereducation.co.uk/subjects/sport-pe/products/16-18/aqa-a-level-pe-\(year-1-and-year-2\)](https://www.hoddereducation.co.uk/subjects/sport-pe/products/16-18/aqa-a-level-pe-(year-1-and-year-2))



AQA A-level PE (Year 1 and Year 2)

Carl Atherton, Sue Young, Ross Howitt

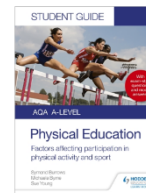
ISBN: 9781510473300
Published: 27/09/2019
Extent: 592 pages

£39.99
Paperback / softback

[Inspection Copy](#)

AQA A Level PE Student Guide 1 (Paper 1)

[https://www.hoddereducation.co.uk/subjects/sport-pe/products/a-level-\(1\)/aqa-a-level-physical-education-student-guide-1-fa](https://www.hoddereducation.co.uk/subjects/sport-pe/products/a-level-(1)/aqa-a-level-physical-education-student-guide-1-fa)



AQA A Level Physical Education Student Guide 1: Factors affecting participation in physical activity and sport

Symond Burrows, Michaela Byrne, Sue Young

ISBN: 9781510455467
Published: 28/06/2019
Extent: 96 pages

£9.99
Paperback / softback

AQA A Level PE Student Guide 2 (Paper 2)

[https://www.hoddereducation.co.uk/subjects/sport-pe/products/a-level-\(1\)/aqa-a-level-physical-education-student-guide-2-fa](https://www.hoddereducation.co.uk/subjects/sport-pe/products/a-level-(1)/aqa-a-level-physical-education-student-guide-2-fa)



AQA A Level Physical Education Student Guide 2: Factors affecting optimal performance in physical activity and sport

Symond Burrows, Michaela Byrne, Sue Young

ISBN: 9781510455498
Published: 28/06/2019
Extent: 104 pages

£9.99
Paperback / softback

AQA A Level PE Book 1 (Year 12)

<https://www.aqa.org.uk/subjects/physical-education/a-level-physical-education-textbooks-print-and-digital>

AQA A-level PE 1



Authors: Carl Atherton, Symond Burrows, Ross Howitt and Sue Young
Publisher: Hodder Education
ISBN-13: 9781471859564
Price: £24.99
Publication date: July 2016 - out now
Digital version - out now

AQA A Level PE Book 2 (Year 13)

<https://www.aqa.org.uk/subjects/physical-education/a-level-physical-education-textbooks-print-and-digital>

AQA A-level PE 2



Authors: Carl Atherton, Symond Burrows, Sue Young, Ross Howitt
Publisher: Hodder Education
ISBN-13: 9781471859595
Price: £24.99
Publication date: 25 November 2016
Digital version available: 30 December 2016

Task 1: Preparation for Coursework

Please complete all tasks electronically and print in preparation for your first lesson:

Name:

Sport:

Role in Sport:

Refer to pages 42-101 on the specification link to find your chosen sport and read the list of core/advanced skills for Area of Assessment 1, 2 & 3: <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

Using the table, consider a recent sporting performance that you took part in and analyse your strengths/weaknesses in relation to two of the core/advanced skills listed on the specification criteria. This should occur in relation to all three assessment areas:

1. Area of Assessment 1 (Attacking Skills or Event 1)
2. Area of Assessment 2 (Defensive Skills or Event 2)
3. Area of Assessment 3 (Tactics and Strategies)

Areas of Assessment	Strengths	Areas for Development
Area of Assessment 1 (AA1):		
Area of Assessment 2 (AA2):		

Area of Assessment 3 (AA3):		
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Task 2: Anatomy and Physiology: Musculoskeletal System

In preparation for your first topic (Anatomy and Physiology- Musculoskeletal System), complete the following:

Define each Joint Movement:

Joint Movement	Definition
Flexion	
Extension	
Abduction	
Adduction	
Dorsi-Flexion	
Plantar-Flexion	
Rotation	
Horizontal Abduction	
Horizontal Adduction	

Add the Joint Types, Articulating Bones, Types of Joint Movement (From the table above only) and the Agonist/Antagonist Muscles- Spend some time researching this online:

	Joint Type	Articulating Bones	Joint Movements	Agonist Muscle (Contracting)	Antagonist Muscle (Relaxing)
Shoulder			Flexion		
			Extension/Hyper-Extension		
			Abduction		
			Adduction		
			Horizontal Adduction		
			Horizontal Abduction		

Elbow			Flexion		
			Extension		
Hip			Flexion		
			Extension/Hyper-Extension		
			Abduction		
			Adduction		
			Horizontal Abduction		
			Horizontal Adduction		
Knee			Flexion		
			Extension		
Ankle			Plantar-Flexion		
			Dorsi-Extension		

Apply your knowledge to Sporting Examples: Complete the boxes based on what is seen in the picture:

Squat (Downward Phase):



Joint	Knee	Hip
Joint Type		
Articulating Bones		
Joint Movement		
Agonist		
Antagonist		

Bench Press Upward Phase



Joint	Elbow	Shoulder
Joint Type		
Articulating Bones		
Joint Movement		
Agonist		
Antagonist		

Bicep Curl: Upward Phase



Joint	Elbow
Joint Type	
Articulating Bones	
Joint Movement	
Agonist	
Antagonist	