

The Sheffield Sixth Form – A Level PE Year 11 SUMMER PROJECT

A Level Physical Education (PE)

Welcome to the A Level PE study guide. This guide will help you prepare for your studies with us in September.

A brief bit about what you study.

Our Physical Education A Level qualification allow students to play to their strengths and gain dynamic skills for further education and a healthy future. The course will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide-ranging knowledge into the how and why of physical activity and sport. The combination of physical performance and academic challenge provides an exciting opportunity for students. You can perform, and then through the academic study improve your performance or coaching through application of the theory. Physical Education is studied through a range of different contexts and the impact it has on both ours and other's everyday lives. You will learn the reasons why we do things, why some people outperform others, mentally and physically.

You will need to take part in a sport at a competitive level as part of the entry requirements for this A Level. Sports are wide-ranging and can include gymnastics, athletics, cricket, canoeing, cycling, football, hockey, kayaking, rock climbing, rugby, tennis, windsurfing, sailing, triathlon, boccia, blind cricket. You could also be part of one of our sport academies such as basketball.

Course content

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds

How to prepare for joining us

To help prepare you for your course we have developed a series of tasks. Task 1 should take you up to 7 hours and task 2 is in 2 parts and should take up to 8 hours.

TASK 1 - Factors affecting participation in physical activity and sport

Examine how an unhealthy lifestyle can affect the cardiorespiratory system.

You work as a Fitness Coach for Ignite Gym. Due to COVID you are seeing a lot of people wanting to join the gym 'to get fit' as they say.

You have been given Peter as a client.

Peter is 42 years old, is a regular smoker and drinks 25 units of alcohol per week. He lives alone and is not very good at cooking and therefore eats mostly microwave meals. As part of your work with Peter you will need to explain and promote to Peter how his lifestyle is affecting his cardiorespiratory system and what is a healthier lifestyle and what are the benefits of this.

You should include the following as part of your answer:

- Exercise
- Cigarettes
- Alcohol
- Diet
- You may also include in your answers references to the muscular skeletal system, cardio-respiratory, the energy systems, diet and nutrition, preparation and training methods and Injury prevention.

TASK 2 - Factors affecting optimal performance in physical activity

Part a) – Iman wants to take part in a new sport and is thinking about rock-climbing as a sport.

Explain how the following factors / barriers can affect her participation in the sport.

- Opportunity / time to take part in the sport
- Esteem – feeling be able to take part
- Facilities needed to take part
- Geographical features needed to participate, and transport needed.
- Education – where she would need to learn the skills needed to take part
- Culture – cultural acceptance of participation
- Economic – having the money for equipment or membership.
- Family, Gender and Race – challenging stereotypes and myths about participation

Part b) - Iman is now taking part and really enjoys rock-climbing, and has taken part in many local competitions. She is about to take part in the British Bouldering Championships in Sheffield.

<https://www.thebmc.co.uk/british-bouldering-championships>

Briefly identify how rock-climbing / bouldering has developed locally in Sheffield and globally, including the history and future provision of the sport, how the media represents the sport, how technology has improved the sport and what are the participation trends in the sport (Statistics).

Good luck!

On behalf of the A Level PE team, we wish you all the best and look forward to seeing you in September.