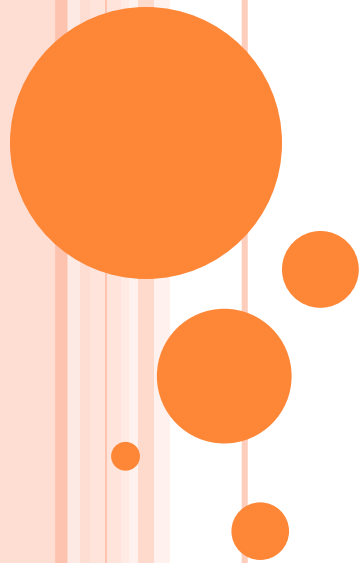


A LEVEL PHYSICAL EDUCATION SUMMER TASKS

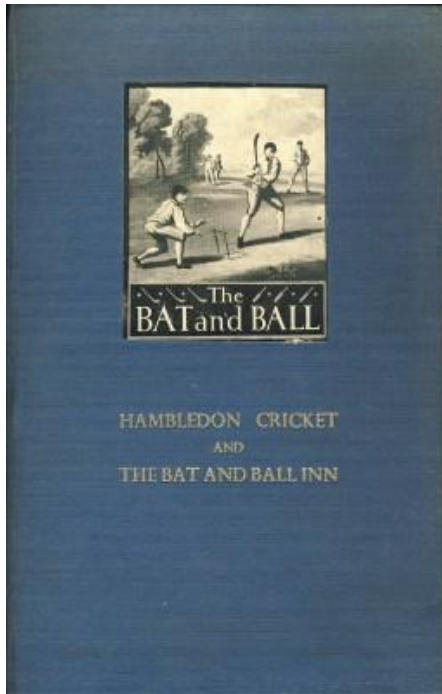


SUMMER TASKS ARE RELATED TO TASKS COMPLETED IN THE INDUCTION SESSION

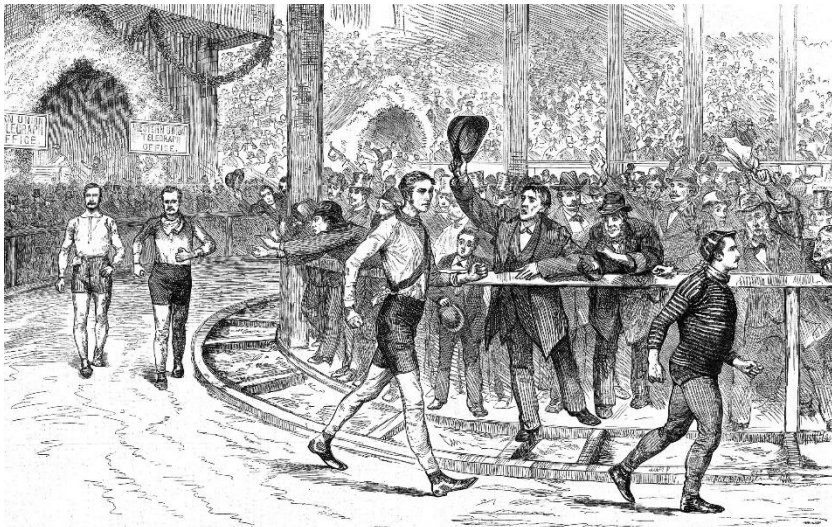
(these tasks may be completed without attending the Induction Session, however may require additional research)



SOCIO-CULTURAL SUMMER TASK – SPORTS FOR BOTH



- There were two activities/sports where social class did not cause participation barriers. These were Pedestrianism and Cricket.
- **Your task is to create a Case Study entitled ‘Sports for Both’ where you research and present your information on both. It must be a minimum of 2 sides of A4. Use the points below as guidance;**
- A brief description of both (remember for Cricket it is the 1850's game not current game so be aware of any differences). This can include photographs/diagrams.
- When/Where/How it originated
- How were the participants linked to each of the different classes? Did each class have a particular role?



Additional key words/information to include

- The Bat and Ball Inn
- Hambledon
- Wagering
- Footmen
- Pub
- X-Country

LOTS OF PHOTOS/PICTURES/COLOUR!

SKILL ACQUISITION SUMMER TASK

- Choose two sports that you would consider your best.
- Analyse how Transfer of Skill learning has impacted upon your own performance in each.
- Are your two sports quite similar? E.g., netball and basketball.
- Explain any skills that require similar execution e.g., kicking in football and kicking in rugby
- Highlight any skills that have a negative influence on one another, how do you control this?
- You must make reference to each transfer of skill and include relevant examples throughout.
- This should be a minimum of one side of A4.



PHYSIOLOGY SUMMER TASK – THE CARDIAC CYCLE

- Research the CARDIAC CYCLE.
- There are three phases to the Cardiac Cycle – they are;
- Diastole, Atrial Systole, Ventricular Systole
- What happens in each phase?
- How long does each phase take for a normal resting heart rate?
- THE TOUGH BIT...Link the Conduction System and the Cardiac Cycle together.
- No more than 2 A4 pages please!



WHAT CAN I DO NOW IN ADDITION TO MY TASKS AND SUMMER TASKS TO MAKE SURE I AM READY FOR SEPTEMBER?

- Train as much as possible for your sport under lockdown conditions throughout the summer. Get fit and get ready to be amazing for the next season!
- If you have any competitive opportunities under lockdown conditions...take it...and make sure you film it and make a log of it.
- Re-visit your GCSE notes.
- Use online resources, such as;
www.studyalevelpe.co.uk
- Watch relevant sports films and documentaries.



WHAT WILL I NEED FOR THE FIRST LESSON

- Your 3 summer tasks (1 from each module)

(these tasks will be taken in...AND be the basis of our first impression of you, so take pride in your work!)

- A positive attitude – and a smile!
- MRS DAVIES – hda@cooperscoborn.co.uk

SEE YOU IN SEPTEMBER!!!!!!

LOVE AS BRETHREN

