

OCR A Level PE
St Bernard's High School

Transition Work - Booklet

NAME:



Dear Student,

I am delighted that you are thinking of studying A level Physical Education in September. The step up from GCSE work to A level can be tough and many students must adjust to the increased demands of workload, independence and responsibility. At the same time, students get the opportunity to study the subjects that they have been most interested in or are now shaping their pathway into University or apprenticeships. In order to give yourself the best start in Autumn with your new course, we suggest that you complete the following preparation tasks to the best of your ability. You may work through the booklet in any order you wish but I would encourage you to finish a section before you move onto another. Do what you can and feel free to contact the relevant teacher should you need some assistance.

Before you start the preparation tasks . . . perhaps you might like to know a bit about A level PE at St Bernard's High School:

The Course

At our Sixth Form we follow the OCR course. The course is suited to students who have a genuine interest in sporting excellence and the science behind it. The two-year course covers 7 theoretical units per year and 1 personal sporting performance. Units include Anatomy and Physiology, Exercise Physiology, Biomechanics, Sports Psychology, and Skill Acquisition.

The course is 70% theory and 30% practical over the two years. The course is demanding both practically and theoretically therefore students must be competitively taking part in a sport/activity outside of sixth form.

Non examined assessment. (Your practical assessment and coursework)

The non-examined assessment makes up 30% of the course. Students will need to be assessed in one practical sport and will be required to collect video evidence during the two-year course. Students can be assessed as a player or coach in any of the following practical activities:

Association Football
Amateur Boxing
Athletics
Badminton
Basketball
Blind Cricket
Boccia
Camogie
Canoeing
Cricket
Cycling (Track or Road)
Dance
Diving
Equestrian
Gaelic Football
Goal Ball
Golf
Gymnastics

Handball
Hockey
Hurling
Kayaking
Lacrosse
Netball
Rock Climbing
Rowing
Rugby League
Rugby Union
Sculling
Skiing/Snowboarding (Must be competitive)
Squash
Tennis
Trampolining
Volleyball
Wheelchair Basketball & Rugby

Here is a link to the specification, should you wish to look into this further: [AS and A Level - Physical Education - H155, H555](#)

Help and advice:

If you would like to speak to a member of the Physical Education department with any questions or queries that you may have please contact the following:

Leader of A level PE:

Contact email:

DRP@stbernards.southend.sch.uk – Sports psychology / Skill Acquisition

DRP@stbernards.southend.sch.uk – Sport and society / Contemporary Issues in physical activity and sport

shi@stbernards.southend.sch.uk - Biomechanics

DRP@stbernards.southend.sch.uk – Anatomy and Physiology

DRP@stbernards.southend.sch.uk – Exercise Physiology

Head of Department: DRP@stbernards.southend.sch.uk

Exercise Physiology

1 Diet and Nutrition and impact on physical activity and performance

Complete a diary of your food and drink intake for two weeks. Make sure as much as possible you include a measurement (grams) so you can analyse your diet easier as part of the next task. If you prefer you can use an app to help with this (myfitnesspal). The more detail you provide the easier it will be to analyse the data.

(I am not looking to catch anyone out to say how good or bad your diet is, this is purely an exercise to show you can calorie count, break food groups down and analyse your own data).

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Calories							
Lunch							
Calories							
Dinner							
Calories							
Total							

Work out how much protein, fat, carbohydrates for every day as well as your fluid intake

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fat (saturated/unsaturated)							
Carbohydrates							
Protein							
Fluid intake							

Show the data for each task in graph format (of your choice). Make sure your graphs are labelled clearly and you have provided a brief description of what each graph is showing. We will be using this information further in lessons.

Question

What is the recommended daily intake of calories for men and women?

What is a balanced diet? Why is it important we have a balanced diet?

Exercise Physiology

2 Preparation and training methods

In GCSE we looked at training methods.

What do the following mean?

FITT

MR SPOV

In conjunction with diet and nutrition I would like for you to log your exercise regime over a two-week period. Use FITT to assist with breaking your training down. Provide as much detail as possible (*I do not need to know every exercise (keep a rough log if you wish) but you could say what type of session it was i.e. muscular endurance / strength and conditioning, cardio vascular etc*). Keep a log where possible of calories burned.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Calories burned							
Type of session							
Length of session							
etc							

Show the information in graph format for week 1 and week 2. Describe what each graph is showing.

Compare week 1 and week 2. What did you find, what are the differences? Why is this?

We will be using this information further in lessons.

Sports History and Sociocultural Issues

The Origins of Football Teams

Research where the following football teams originated from. I am not looking for long answers but a few words such as, West Ham were originally workers from the Thames Iron Works that created their own team.

- Tottenham Hotspur
- Arsenal
- Aston Villa
- Manchester United

1800's Village Life

At the start of the 1800's most people lived in small villages. They had little money or time to take part in sports or games, but occasionally they did happen. Research the following,

- Hill Cheese Rolling
- Much Wenlock Olympics
- Ashbourne Football
- Cooper's Smock racing

Pedestrianism

This was a type of competition that was very popular in the nineteenth century. Research,

- What was it?
- Who took part?
- Why was it popular?

The Formation of The Rugby Football Union

Research the following,

- When was it formed?
- Where and who formed it?
- Why was it formed?
- When did its first leagues and competitions start?
- What does it do today?

Role Models

Make a list of 5 male and 5 female sports people who you think make good roles. You need to explain why you have picked them.

Sporting Cheats

List 5 people who have been caught cheating in sport (for example, drug taking). Name who they are, their sport and what they did.

Technology in Sport

List 10 different types of technology that are used in sports. State what it is, which sports it is used in and why?

The Olympic Games

The Olympic Games have often been used for political reasons. Research the following,

- 1936 Berlin – how was this used for propaganda and by who?
- 1968 Mexico City – Tommie Smith and John Carlos. Who were they, what did they do and why?
- 1972 Munich – September Arab Movement – what did they do and why?
- 1980 Moscow – boycott – by who and why?
- 1984 Los Angeles – boycott – by who and why?

Paper 2 – Sport Psychology Transition work

This paper includes Skill Acquisition (which we cover in Year 12) and Sport Psychology (which we cover in Year 13). It is examined in a paper which lasts one hour.

General

Read an autobiography about a certain sports person (general background of the demands of elite sport and support they have had to reach the top).

Skill Acquisition – these build upon some of the topics you covered for GCSE.

Topic 1 - Skill classification.

Topic 2 – Practice structures

Topic 3 – Stages of learning

Topic 4 – Guidance

Sport Psychology

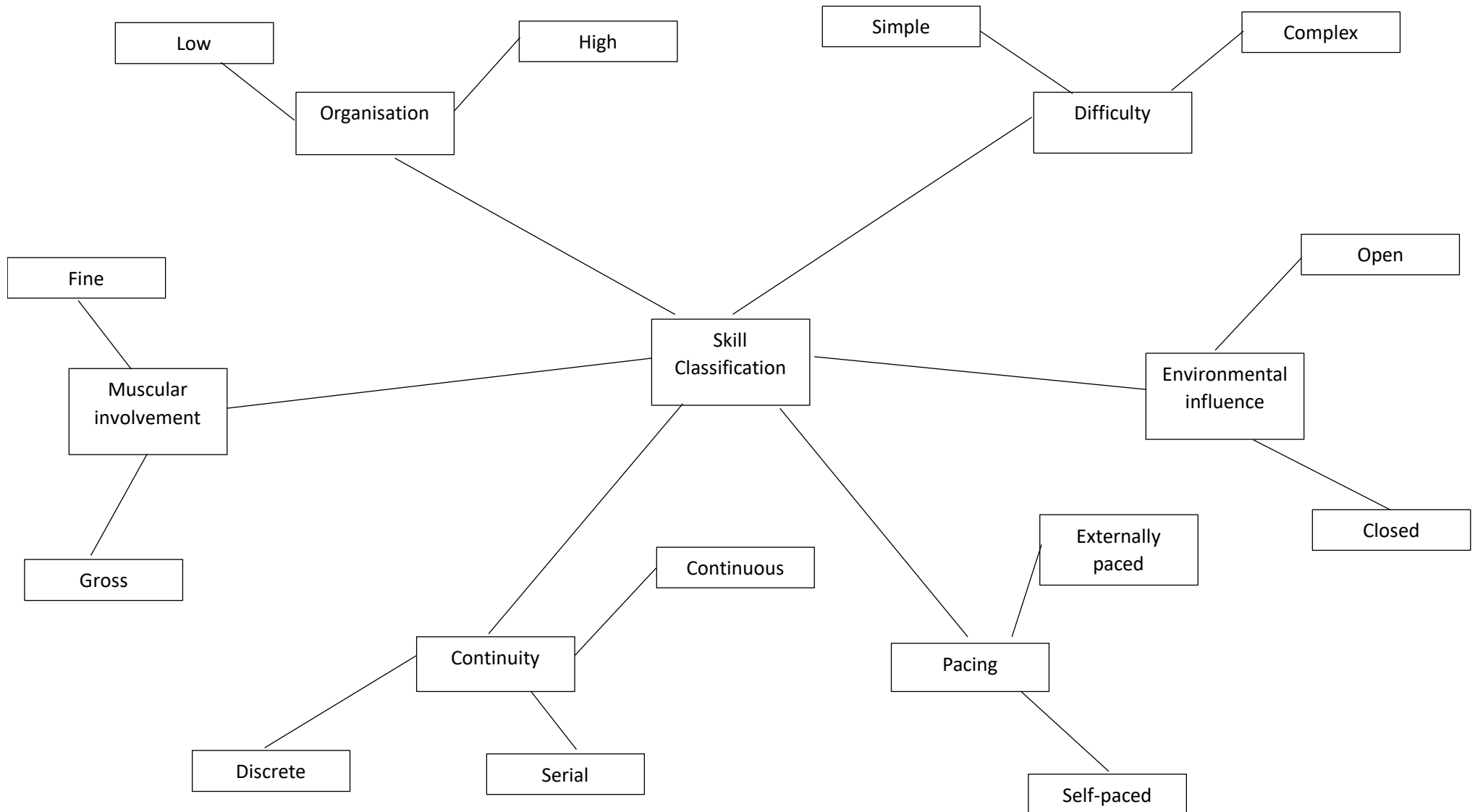
Topic 5 – Introduction to Sport Psychology

Sources of information

- OCR A level PE (teaching from 2016). Planning and Teaching → Topic Exploration Packs → Skill Acquisition → select appropriate powerpoint presentation.
- General internet search by topic
- YouTube – Rich, James Morris, The EverLearner, QuickTeachPE are good ones

Topic 1 - Skill Classification. Complete the mind map.

You will need to undertake independent research. A good starting point is on the OCR A level PE website: Planning and Teaching → Topic Exploration Pack → Skill Acquisition → Classification and Practice.



Topic 2 – Practice structures (write notes on the following methods)

	Description	Example	Good to use when ... (advantages)	Not good to use when ... (disadvantages)
Part Practice				
Whole				
Progressive Practice (segmentation)				
Whole-Part-Whole				

Using a cross mark the following skills on the continua: tennis serve, pass in a game of netball and triple jump. Make sure you can verbally justify your placement.			
KEY:	Tennis serve =	Pass in netball =	Triple jump =
Muscular involvement	FINE _____ GROSS		
Environmental influences	OPEN _____ CLOSED		
Continuity NB Serial skills	DISCRETE _____ CONTINUOUS		
Pacing	SELF _____ EXTERNALLY		
Organisation	LOW _____ HIGH		
Difficulty	SIMPLE _____ COMPLEX		



Applied Anatomy and Physiology

This first task is to recap the basics for anatomy and physiology, you will have covered these two systems as part of your GCSE work. This is a good starting point before we look at these in more depth.

Task – Please create a PowerPoint detailing the effects and benefits of long-term exercise on the body systems. Please use the following as guidance for what we are looking for.

Musculoskeletal System

- Bone density
- Ligaments and tendons
- Muscular hypertrophy
- Rest for adaptations and recovery

Cardio-respiratory System

- Resting heart rate
- Recovery time
- Resting stroke volume
- Cardiac output
- size and strength of heart
- Number of blood cells
- Resting blood pressure
- Lung capacity/volume and vital capacity
- Number of alveoli
- Strength of diaphragm and intercostal muscles

Final Task – Strategies to stop the use of doping and illegal drugs

Have a good look at the World Anti-Doping Agency website <https://www.wada-ama.org/en/who-we-are>.

Have a go at the 'PlayTrue Quiz' and see how much you already know about the work being done to try and keep sport 'Drug Free'.

<https://www.wada-ama.org/en/what-we-do/education-prevention>

We hope you have enjoyed the work that has been set for you and we look forward to seeing you in September. 😊