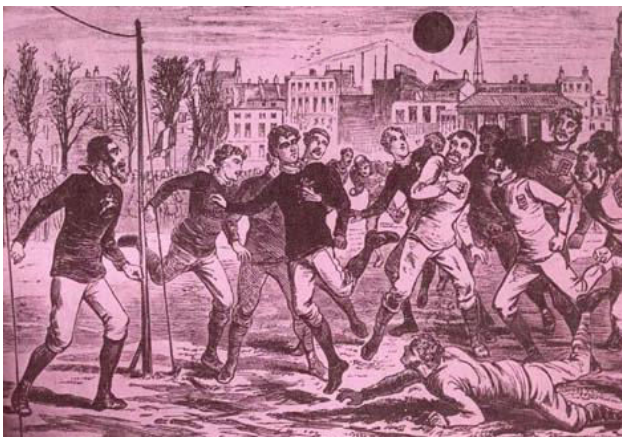
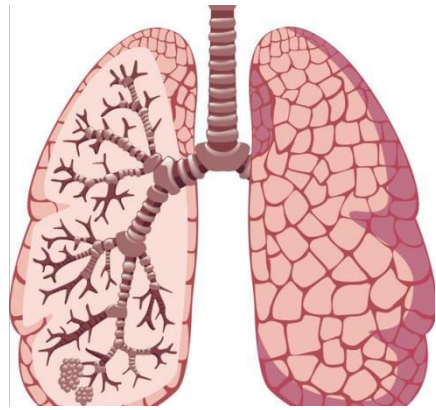


KING JAMES'S SCHOOL

# A-Level Physical Education



**OCR Exam Board  
TRANSITION BOOKLET**

# Part 1:

**A. Anatomy & Physiology**

**B. Exercise Physiology**

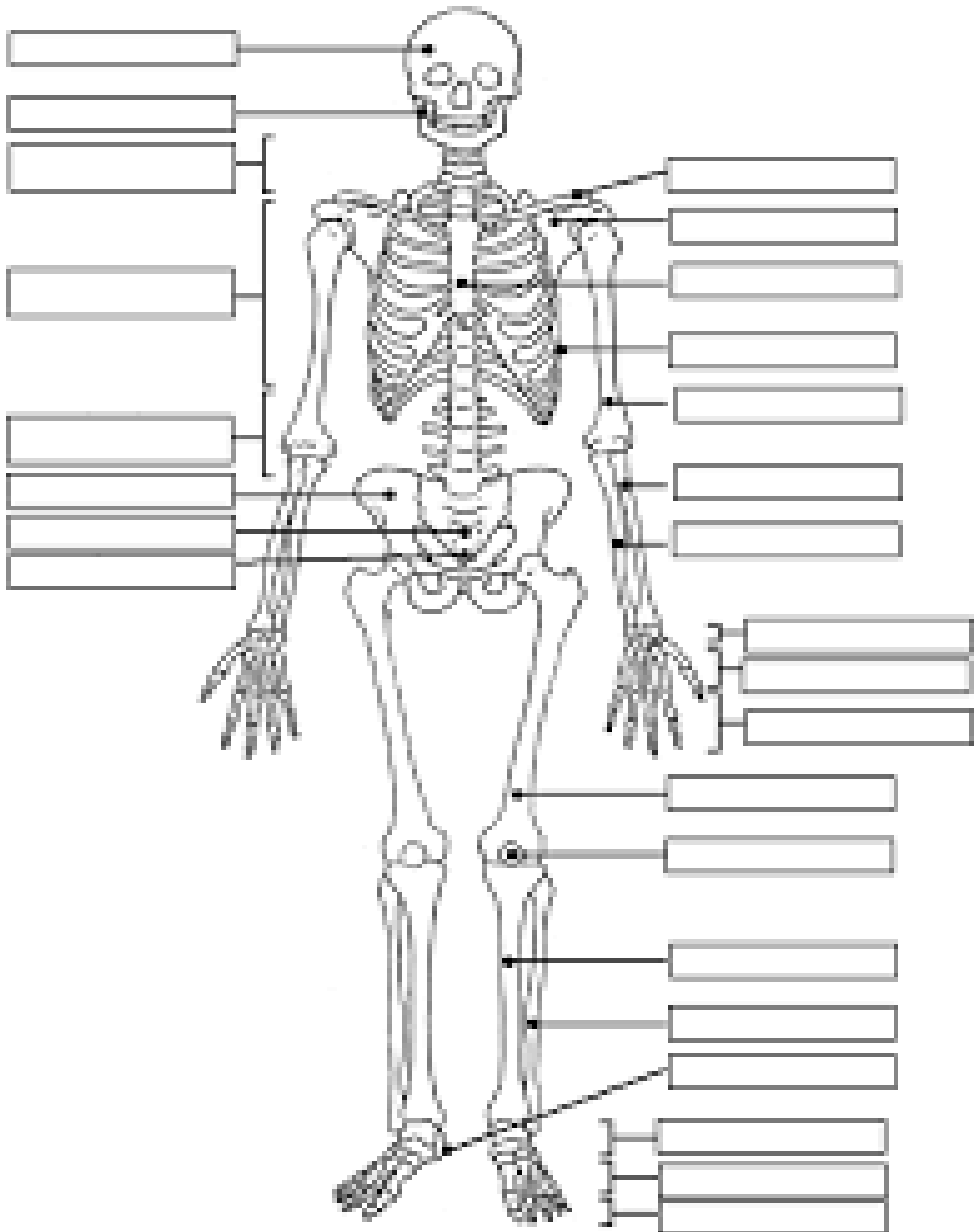
**C. Biomechanics**



A:

## Anatomy & Physiology:

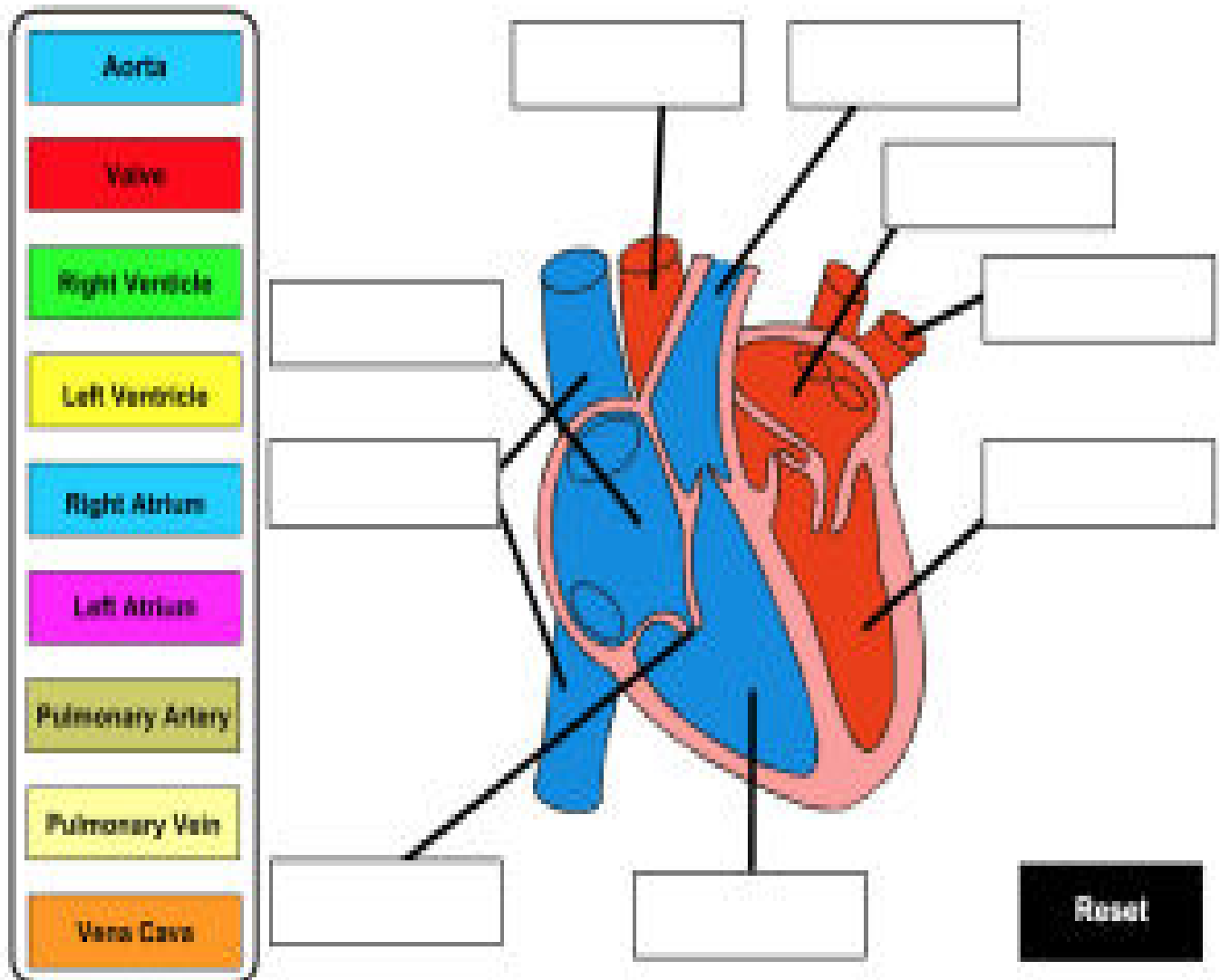
Task 1: The Skeletal System:- Label the bones.



A:

## Anatomy & Physiology:

Task 2: The Cardiovascular System:- Label the heart & fill in the gaps.



www.hesoiny.com © S. Wilkinson 2009

Diastole is the \_\_\_\_\_ phase of the heart. The atria fill with blood opening the \_\_\_\_\_ - \_\_\_\_\_ allowing blood to move into the ventricles. Atrial systole is the \_\_\_\_\_ of the atria forcing blood into the ventricles. \_\_\_\_\_ is the contraction of the ventricles forcing blood out of the heart to the lungs and body tissues.

**B:**

## **Exercise Physiology:**



### **Task: Diet & Nutrition: -Balanced, Active & Healthy**

Write a short paragraph explaining why you think your lifestyle is Balanced, Active and Healthy / why it is not.

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Look up the recommendations for BAHL at

[http://www.fph.org.uk/uploads/HealthyWeight\\_SectB.pdf](http://www.fph.org.uk/uploads/HealthyWeight_SectB.pdf)



C:

## BIOMECHANICS:

Task: Newton's Law: -Find the definitions of the 3 laws of motion.

### Newton's first law of motion:

It is known as the law of inertia, and states:

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### Newton's second law of motion:

It is known as the law of acceleration, and states:

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### Newton's third law of motion:

It is known as the law of reaction, and states:

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# Part 2:

## A. Skill Acquisition

## B. Sports Psychology



A:

## SKILL AQUISITION:

### Task: Classification of Skills:-

- i. Research the 6 continuums below.
- ii. Label the 6 continuums below.
- iii. Plot the classification of this skill on the 6 continuums.



Messi taking a free kick

Muscular Involvement

Environmental Influence

Difficulty

Pacing

Continuity

Organisation



**A:**

**SKILL AQUISITION:**

**Task: Types & Methods of Practice:-**

- i. Research the 6 methods.
- ii. Use the words at the bottom to help you fill in the description and type of skill.
- iii. Use that information to provide a sporting example - remember, it has to be a specific skill. Eg a netball pass.

<b><u>Practice:</u></b>	<b><u>Description</u></b>	<b><u>Type of Skill</u></b>	<b><u>Practical Example</u></b>
Massed			
Fixed			
Varied			
Distributed			
Whole			
Whole Part Whole			
Part			
Progressive Part			

No Rest	Low & Complex	Break it up	Low & complex
Closed & Self-Paced	Different	Chaining	Open & Externally Paced
Simple & Close	Coaching	Complex & Serial	Repetition
Closed & High	The entire skill	Serial & complex	Good for feedback

**B:**

## **SPORTS PSYCHOLOGY:**

**Task: Aggression v Assertion:- Complete the definitions and then the activity below.**

<b><u>Key Term</u></b>	<b><u>Definition</u></b>
Aggression	
Assertion	



### **Aggression or assertion?**

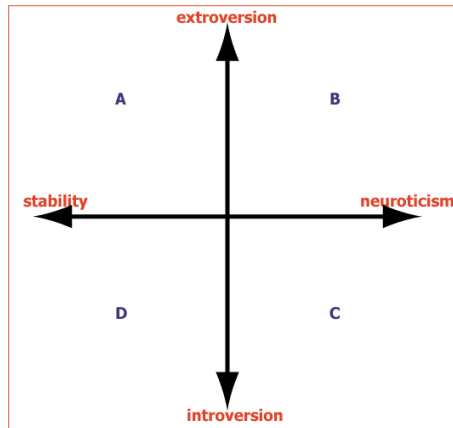


<b><u>Sporting Example</u></b>	<b><u>Aggression / Assertion?</u></b>
An athlete shoulder-pushing another on the final bend in a 1500 metre race	
A boxer landing the final knock-out punch	
A rugby forward player punching a member of the other team in a scrum	
A cyclist in a race cutting up another rider and causing a pile-up	
A squash player smashing her racquet against the wall in frustration	
A football player pulling another player off the ball by the shirt	
A netball player verbally abusing another player	

**B:**

## **SPORTS PSYCHOLOGY:**

**Task: Personality:- Where do the following sports personalities fit on this trait theory? A, B, C or D?**



# Part 3:

## A. Sport & Society

## B. Contemporary issues in Sport



A:

SPORT & SOCIETY:

Task: 19<sup>th</sup> Century Sport: - A timeline of sport.

Draw out a timeline in the space below **showing significant points in history related to the development of sport**, in post-industrial Britain. (1800 - 2000)

**A:**

**SPORT & SOCIETY:**

**Task: Global Sporting Events:- Impact on the host country and city.**

*Complete the table below on the positive and negative impacts on the host country or city of hosting a global sporting event (Eg Olympics or World Cup) :*

**Give specific examples where possible.**

Positive impacts	Negative Impacts



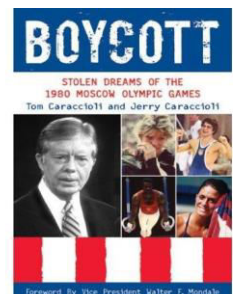
A:

## SPORT & SOCIETY:

### Task: Match up the Olympics!

- You have been given the year.
- Where did each Olympics take place? What happen?
- Research into the political exploitation - use the pictures to help.

<u>Year</u>	<u>Where?</u>	<u>What Happened?</u>
1936		
1968		
1972		
1980		
1984		



## **B:**      **CONTEMPORARY ISSUES IN SPORT:**

### **Task: Technology in sport.**

- *Answer the following questions.*

- 1) Goal-line technology was introduced in football to assist referees in making decisions as to whether the ball had crossed the line and a goal had been scored.

The results of a poll taken of 100 spectators' views immediately following a football match were that:

- 20% stated that they were against the introduction of goal-line technology.
- 80% were in favour of goal-line technology.

Why might some spectators be against the use of goal-line technology and others be

in favour of its introduction?

- 2) Modern technology is part of contemporary sport.

Discuss positive and negative impacts of modern technological products on sports performance.

- 3) Suggest **two** ways modern technology increases the pressure on officials in sport.



# Part 4:

## EAPI Evaluation & Analysis of Performance



# EVALUATION OF PERFORMANCE

## Task: Strengths & Weaknesses.

- For your chosen sport, watch a YouTube video - it must be of an U16 or U18 schools performance. Not elite!
- Make sure you know the difference between skills, tactics and fitness.
- Complete the table below on their strengths and weaknesses.
- **Note** - you can have as many as you want in each section. A minimum of 3 is required.

	Strength	Weakness
Skills		
Tactics		
Fitness		

## Task: Justification.

- Select 1 skill weakness from the table above.
- Explain why, if you were their coach, you would pick this to improve over a 10 week block. Why not the other skills? What impact would this have on their overall performance

