

Course  
Transition

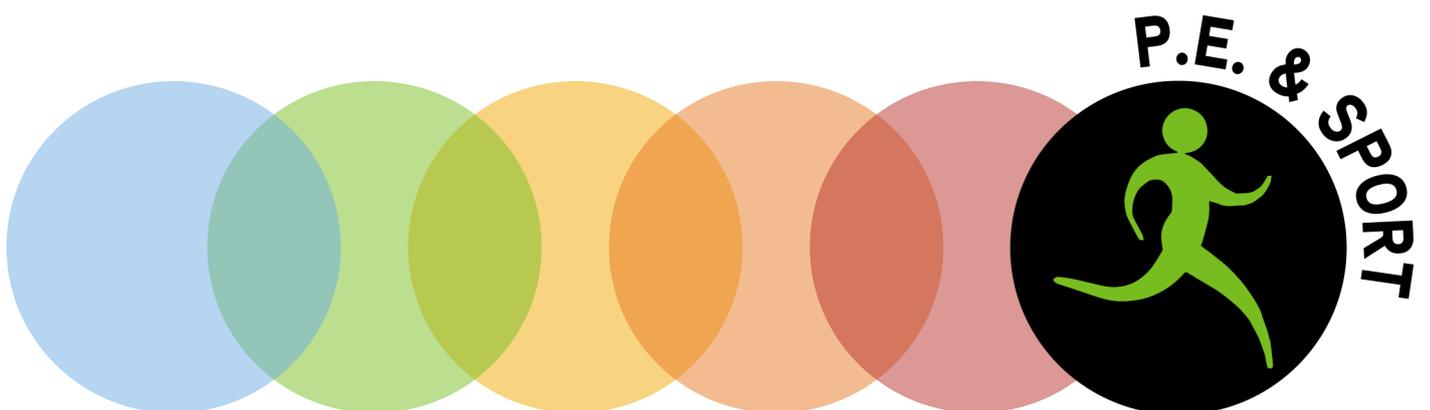


**Bridging the Gap**  
*from School to College*



**Warlingham**  
Sixth Form College

**Year 11 > Year 12 Transition**  
**Summer Term 2021**  
**A Level Physical Education**



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# COURSE OVERVIEW

## Course Introduction

The content has been designed to allow learners to study Physical Education (PE) in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject.

The examined components will provide the knowledge and understanding which underpin the non-exam assessment (NEA). The NEA within this specification allows learners to explore an activity in detail as a performer or coach, chosen from a wide variety of sporting activities. Learners will also analyse and evaluate performance in a chosen activity as part of their NEA.

This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry.

This specification will create confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team – all skills that will enable them to stand out and effectively promote themselves as they progress through life.

## Unit by Unit Overview

### Component 01: Physical factors affecting performance

Students gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise. They also study the effects of force and motion on the body and how they can be used to our advantage.

There are three topics:

- Applied Anatomy & Physiology
- Exercise Physiology
- Biomechanics

### Component 02: Psychological factors affecting performance

Students study the models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person. They also explore the psychological factors that affect group dynamics and the effects of leadership and stress.

There are two topics:

- Skill Acquisition
- Sports Psychology



# COURSE OVERVIEW

## **Component 03: Socio-cultural issues in physical activity and sport**

This component focuses on the social and cultural factors that have shaped sports over time, and their influences on physical activity. Students consider the impact of hosting a global sporting event such as the Olympic Games, and the influence of modern technology on both the performer and the spectator of contemporary sport.

There are two topics:

- Sport & Society
- Contemporary Issues in Sport & Physical Activity

## **Component 04: Performance in physical education**

Students are assessed in the role of either performer or coach in one practical activity. They are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.

Students are also assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). They observe a live or recorded performance by a peer and provide an oral analysis and critical evaluation of their peer's performance.



# OUR EXPECTATIONS

## College Expectations for Academic Success

The College will work closely with all students and parents to create a purposeful, creative and stimulating environment in which students are encouraged to fully develop - both academically and personally.

We will expect you to take responsibility for your own behaviour and learning. The current College Committee along with the student body have discussed and agreed that students should commit to:

- Ensuring academic success through regular attendance and punctuality at all required registrations, lessons, supervised study lessons and Inspire Periods. Attendance which drops below 95% reduces Key Stage 5 performance by at least one grade, so it is taken very seriously.
- Completing all set tasks on time to the best of your ability, making full use of study periods and homework to enable you to meet all deadlines.
- Using study time effectively by bringing all required equipment and resources with you and making full and regular use of the College study rooms and LRC, respecting the need for silent studying conditions.
- Working closely with all your teachers to develop an effective working relationship based on mutual respect and discussing your work with them on a regular basis and meeting targets set.
- Developing your skills as an independent, self-evaluative learner and work closely with your tutor in monitoring and discussing your academic progress. As an independent learner, if you miss a lesson, it is your own responsibility to find the teacher and catch up with the work missed.
- Organising your work efficiently and effectively into folders for each subject, making full use of individual subject expectations and using Cornell Notes daily to ensure work in your folders is relevant and meaningful.
- Keeping mobile phones out-of-sight in all classrooms and during assemblies so that lessons are not disturbed and/or important information is missed.
- Attending all parents' evenings and arrange appointments with your teachers to discuss your progress and work.



# OUR EXPECTATIONS

## Course-specific Expectations for Academic Success

The PE Department will support you fully to complete all of your academic work both in lesson and when working independently. To help us support you to reach your potential and achieve the highest grade possible we ask that you meet the PE Department expectations set out below, throughout the duration of your studies.

### Theory Lessons

- Always complete work on time. Homework may well be set to support learning in the next lesson. When this isn't completed it reduces the opportunity to extend your knowledge in the next lesson and can impact the rest of the class.
- Develop independence and a curiosity in the topics we cover. The best A Level students always seek their own examples and develop an interest in different topics outside of lessons. This will help you to demonstrate that you have an understanding of the content beyond the basic syllabus which will help with analysis and higher order questions.

### Practical

- Always bring correct equipment or kit for participating in practical activities. We do not expect you to wear formal PE kit however we do expect you to wear appropriate sports attire when doing practical activities.
- Maintain your practical sport during your whole A Level. At A Level you are assessed in one sport and the criteria is a lot stricter than GCSE. It is absolutely vital that you continue to train independently and compete, as demonstrating peak performance will be critical in achieving a high grade.



# USING CORNELL NOTES

The Cornell Notes system is a note-taking system devised by Walter Pauk, an education professor at Cornell University. It is a proven method that establishes a more effective learning process.

It is designed to help the user think and reflect upon the notes they have made as well as making them more useful for revision purposes.

Please [click here](#) to watch a video that explains how to take Cornell Notes properly.



# REVIEW / REVISE

## Anatomy and Physiology

- Location of major bones
- Function of the skeleton
- Types of joints
- Types of movement at a synovial joint
- Location of Major muscles
- The role of muscles in movement
- Planes and axes
- Levers
- The cardiovascular system
- The respiratory system
- Aerobic and anaerobic respiration
- The short term effects of exercise
- The long term effects of exercise
- Components of fitness
- The principles of training
- Prevention of injury

## Socio Cultural Issues

- Physical activity in the UK
- Participation in physical activity and sport
- Commercialisation of sport
- Ethics in sport—Drugs and violence
- Skilful movement
- Goal setting
- Mental Preparation
- Types of guidance
- Health fitness and well-being
- Nutrition

## Practical Sports

How much do you know about your own sport?

**Can you list all the skills your sport uses?**

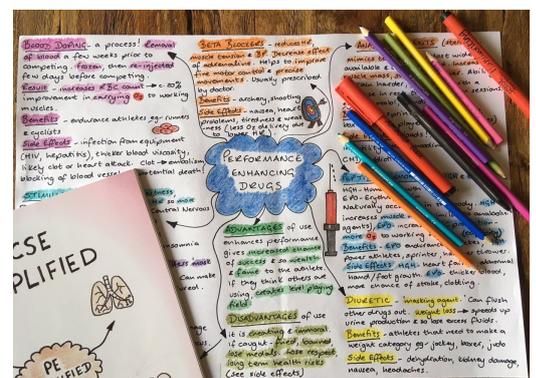
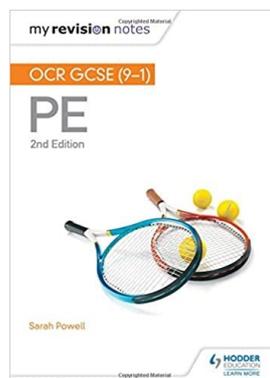
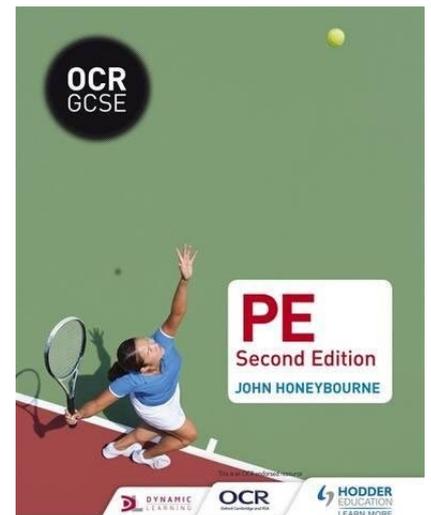
i.e. shooting, volleying, marking etc

**Can you list all the types of tactics In your sport?**

i.e. long ball, pressing, man to man marking

**Can you list all the fitness components needed for your sport?**

i.e. speed for sprinting or power for jumping for a header





# WATCH

## Netflix

**Icarus** – A documentary on performance-enhancing drugs of a cyclist who wanted to know how Lance did it/got away with it for so long. He reveals the largest scandal of systematic state sponsored doping in the World of Sport – link to Lance Armstrong and Russia Drug scandal. This is probably linked to socio-cultural topics.



**The Game Changers** - A documentary on finding the optimal diet for human performance & health. Looks into pros opting for a plant based diet.

**The English Game** - This is a drama set in the late 1800s which is centred around the creation of The Football League. As well as being an excellent story, it also includes lots of historical information which will help you with the history of sport unit.



## Amazon Prime



**Andy Murray - Resurfacing** - A documentary that tracks his injury journey that forced him to retire early and how he battles to get back on the court. This has links to Sport Injury & Rehab /probably a Sport Psych element too.

**The Test**—A fly-on-the-wall documentary that goes behind the scenes of the Australian Cricket Team. It explores the psychological demands of elite athletes competing in various different environments.



## YouTube

**Sir Alex Ferguson—Leadership** <https://www.youtube.com/watch?v=SbtZjIEs5r0&t=332s>

## Watch

Pick one of the series above and watch it from start to finish.

When you finish, create a poster explaining why someone should watch the series! Your poster should include favourite parts, lessons learnt and things that surprised you.



# LISTEN TO

## BBC Sounds - Podcasts

BBC  
SOUNDS

### Don't tell me the score

This Podcast explores what sport can teach us about life and how best to live it? Each week Simon Mundie sits down with an expert and uses sport to answer life's big questions. There are currently over 50 episodes available to download which are all excellent. My recommendation would be to pick one you like the sound of and go from there!



### The High Performance Podcast

Jake Humphrey and Professor Damian Hughes speak to some of the highest performing individuals on the planet and try to unearth their secrets behind their success. Students are encouraged to listen to the episode with Robin Van Persie

### That Peter Crouch Podcast

Peter Crouch, Tom Fordyce and Chris Stark bring you their guide to being a professional footballer. As well as being very funny, this podcast also provides a fascinating insight to what life as a professional footballer is really like!



### At Home with Colin Murray

Colin Murray talks to some of the biggest names in sport in a truly unique setting...in either his house or theirs!

## To Do

Pick one of the podcasts from the list above and write a report on what you have learnt. To give you some guidance you can use the following questions to inform your response:

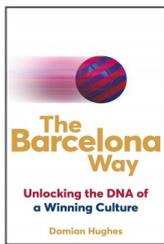
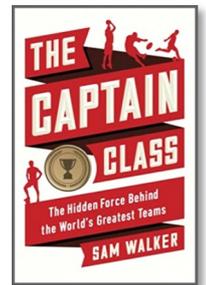
1. What was the podcast about?
2. What ideas were in the podcast that you can use in your own life?
3. Were there any examples included that have helped elite performers to improve their own performance?



# READ

## The Captain Class: The Hidden Force Behind the World's Greatest Teams

Several years ago, Sam Walker set out to answer one of the most hotly debated questions in sport: what are the greatest teams of all time? He devised a formula and applied it to thousands of teams across the world from the English Premier League to the NFL. When he was done, he had a list of the 16 most dominant teams ever. At that point he became obsessed with another, more complex question: what did these freak teams have in common?

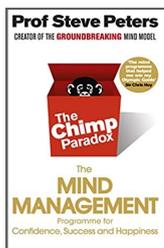


## The Barcelona Way: How to Create a High-Performance Culture

In *The Barcelona Way*, sports psychologist Damian Hughes reveals the key principles that have defined FC Barcelona's success and shows how the DNA of a winning team can be successfully applied to any working environment, with dramatic results

## Bounce: The Myth of Talent and the Power of Practice

Essential reading for an astounding summer of sport; If you've ever wondered what makes a champion, Bounce has the answer. Looking at controversial questions such as whether talent is more important than practice, drugs in sport (and life) and whether black people really are faster runners, the mind-bending Bounce is a must-read for the hardened sports nut or brand new convert.

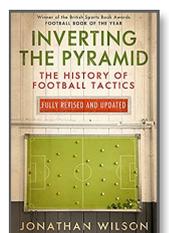


## The Chimp Paradox: The Mind Management Programme to Help You Achieve Success, Confidence and Happiness

*The Chimp Paradox* is an incredibly powerful mind management model that can help you become a happy, confident, healthier and more successful person. Prof Steve Peters explains the struggle that takes place within your mind and then shows how to apply this understanding to every area of your life .

## Inverting the Pyramid: The History of Football Tactics

In *Inverting the Pyramid*, Jonathan Wilson pulls apart the finer details of the world's game, tracing the global history of tactics, from modern pioneers right back to the beginning when chaos reigned. Along the way, he looks at the lives of great players and thinkers who shaped the sport and probes why the English, in particular, have 'proved themselves unwilling to grapple with the abstract'.



## Read

Pick one of the books above and read it from start to finish.

When you finish, create a poster explaining what the book was about. Your poster should include: favourite parts, lessons learnt and things that surprised you.



# RESEARCH

## Sporting Organisations

To be successful at A Level PE you will need to have a secure understanding of the organisations names below. Knowing how they support elite sport and grass roots development will give you an excellent head start when you start the course! Before the start of the course it would be beneficial to visit the website of each of these organisations and create a mind map of each organisation using the prompts below.

### Sporting Organisations to Research:

- UK SPORT
- WORLD ANTI DOPING AGENCY
- INTERNATIONAL OLYMPIC COMMITTEE
- ENGLISH INSTITUTE OF SPORT
- SKY TV
- SPORT ENGLAND

#### Do:

Before the start of the course you should visit the website of each of these organisations and create a mind map of each organisation using the research questions below.

### Research Questions / Prompts:

- How do they support elite sport?
- How has each organisation evolved or changed over the last 20 years?
- How does each organisation support grass roots development of sport?



# COMPLETE

In addition to all of the tasks within the transition booklet, prior to starting your course in September we would like you to watch the following videos and produce a page of notes using the Cornell note system. As well as providing you with some basic subject knowledge this will also help you familiarise yourself with the expected way of taking notes for when you start your course.

## Anatomy and Physiology

Muscle Fibre and Exercise Intensity

<https://www.youtube.com/watch?v=wQRkIzECcfA&list=PLzh4k0in3WAqKL76NpiwuRoLrJDg65K16&index=5>

Impact of training on lifestyle disease

<https://www.youtube.com/watch?v=3uGLGZpR7Kg&list=PLzh4k0in3WAqKL76NpiwuRoLrJDg65K16&index=6>

## Socio Cultural Studies

Socio-cultural factors affecting sport in pre-1850's Britain

<https://www.youtube.com/watch?v=hlVqjh9d4Os>

Olympism and Olympics

<https://www.youtube.com/watch?v=ap-lIWKeOYw>

## Sports Psychology

Anxiety In Sport

<https://www.youtube.com/watch?v=Zl-L7bBhZ-U>

Personality Theory and Sport

<https://www.youtube.com/watch?v=XJPYTSjaE-M>

## Practical Sport

As part of your course you will have to perform an analysis of another athlete playing at a similar level to you. Prior to the start of the course I would like you to complete a report on another performance. To do this, you should:

1. Find a YouTube clip of a performance from your sport.
2. Write a report on one player's performance, focussing on the strengths and weaknesses of their skills, fitness and tactics. Make sure you use specific examples from the match to back up your point, e.g. I can see they are excellent at shooting as they hit the target 3 times out of 4 when shooting.



# APPENDICES / RESOURCES

## A Level Text Book 1

[https://www.amazon.co.uk/OCR-Level-PE-Book-1/dp/1471851737/ref=sr\\_1\\_2?dchild=1&keywords=ocr+a+level+pe&qid=1588585116&sr=8-2](https://www.amazon.co.uk/OCR-Level-PE-Book-1/dp/1471851737/ref=sr_1_2?dchild=1&keywords=ocr+a+level+pe&qid=1588585116&sr=8-2)

## A Level Text Book 2

[https://www.amazon.co.uk/OCR-Level-PE-Book-2/dp/1471851745/ref=pd\\_bxgy\\_img\\_2/260-4739981-5623627?\\_encoding=UTF8&pd\\_rd\\_i=1471851745&pd\\_rd\\_r=31d5d1d2-550d-47df-8b84-fd4f89b5fedc&pd\\_rd\\_w=TNvu8&pd\\_rd\\_wg=n5KCg&pf\\_rd\\_p=106f838b-b7d1-46e9-83e0-7f0facc857bf&pf\\_rd\\_r=EYSZQDYCGYERSFJWBGXK&psc=1&refRID=EYSZQDYCGYERSFJWBGXK](https://www.amazon.co.uk/OCR-Level-PE-Book-2/dp/1471851745/ref=pd_bxgy_img_2/260-4739981-5623627?_encoding=UTF8&pd_rd_i=1471851745&pd_rd_r=31d5d1d2-550d-47df-8b84-fd4f89b5fedc&pd_rd_w=TNvu8&pd_rd_wg=n5KCg&pf_rd_p=106f838b-b7d1-46e9-83e0-7f0facc857bf&pf_rd_r=EYSZQDYCGYERSFJWBGXK&psc=1&refRID=EYSZQDYCGYERSFJWBGXK)

## A Level Revision Guide

[https://www.amazon.co.uk/My-Revision-Notes-OCR-Level/dp/1510405216/ref=pd\\_bxgy\\_img\\_3/260-4739981-5623627?\\_encoding=UTF8&pd\\_rd\\_i=1510405216&pd\\_rd\\_r=f3fd1b08-9b03-4a67-9a33-b1b50b0861ba&pd\\_rd\\_w=wHncS&pd\\_rd\\_wg=HDUm7&pf\\_rd\\_p=106f838b-b7d1-46e9-83e0-7f0facc857bf&pf\\_rd\\_r=TE1JD9ATKFT2B6K198SK&psc=1&refRID=TE1JD9ATKFT2B6K198SK](https://www.amazon.co.uk/My-Revision-Notes-OCR-Level/dp/1510405216/ref=pd_bxgy_img_3/260-4739981-5623627?_encoding=UTF8&pd_rd_i=1510405216&pd_rd_r=f3fd1b08-9b03-4a67-9a33-b1b50b0861ba&pd_rd_w=wHncS&pd_rd_wg=HDUm7&pf_rd_p=106f838b-b7d1-46e9-83e0-7f0facc857bf&pf_rd_r=TE1JD9ATKFT2B6K198SK&psc=1&refRID=TE1JD9ATKFT2B6K198SK)

## A Level PE - Anatomy and Physiology Student Guide

[https://www.amazon.co.uk/level-Physical-Education-Student-Guide-ebook/dp/B07VX13R5M/ref=pd\\_sim\\_aebk\\_14\\_4/260-4739981-5623627?\\_encoding=UTF8&pd\\_rd\\_i=B07VX13R5M&pd\\_rd\\_r=231f5eb2-f702-49c9-af46-19434d0cc762&pd\\_rd\\_w=dJn0Z&pd\\_rd\\_wg=bDwh1&pf\\_rd\\_p=424c2d6c-340e-4235-9130-e847f8d39d73&pf\\_rd\\_r=8MPP4748AJF2VMY2CJW9&psc=1&refRID=8MPP4748AJF2VMY2CJW9](https://www.amazon.co.uk/level-Physical-Education-Student-Guide-ebook/dp/B07VX13R5M/ref=pd_sim_aebk_14_4/260-4739981-5623627?_encoding=UTF8&pd_rd_i=B07VX13R5M&pd_rd_r=231f5eb2-f702-49c9-af46-19434d0cc762&pd_rd_w=dJn0Z&pd_rd_wg=bDwh1&pf_rd_p=424c2d6c-340e-4235-9130-e847f8d39d73&pf_rd_r=8MPP4748AJF2VMY2CJW9&psc=1&refRID=8MPP4748AJF2VMY2CJW9)

## A Level PE - Sports Psychology Student Guide

[https://www.amazon.co.uk/level-Physical-Education-Student-Guide-ebook/dp/B07VWV6CFH/ref=pd\\_sim\\_351\\_2/260-4739981-5623627?\\_encoding=UTF8&pd\\_rd\\_i=B07VWV6CFH&pd\\_rd\\_r=df9b0002-10ef-4f0d-a812-5fdc33ea0903&pd\\_rd\\_w=cGCfY&pd\\_rd\\_wg=F7Qu2&pf\\_rd\\_p=7df4b67e-ebf6-4e8b-b5dd-7a46501724e8&pf\\_rd\\_r=Q5F85SJV94AR67Z72RJY&psc=1&refRID=Q5F85SJV94AR67Z72RJY](https://www.amazon.co.uk/level-Physical-Education-Student-Guide-ebook/dp/B07VWV6CFH/ref=pd_sim_351_2/260-4739981-5623627?_encoding=UTF8&pd_rd_i=B07VWV6CFH&pd_rd_r=df9b0002-10ef-4f0d-a812-5fdc33ea0903&pd_rd_w=cGCfY&pd_rd_wg=F7Qu2&pf_rd_p=7df4b67e-ebf6-4e8b-b5dd-7a46501724e8&pf_rd_r=Q5F85SJV94AR67Z72RJY&psc=1&refRID=Q5F85SJV94AR67Z72RJY)

## A Level PE - Social Cultural Studies Student Guide

[https://www.amazon.co.uk/level-Physical-Education-Student-Guide-ebook/dp/B07VVVFLGP/ref=pd\\_sim\\_351\\_2/260-4739981-5623627?\\_encoding=UTF8&pd\\_rd\\_i=B07VVVFLGP&pd\\_rd\\_r=96627453-a501-499a-9a01-34a4c0ca56ca&pd\\_rd\\_w=hte2g&pd\\_rd\\_wg=1tMUZ&pf\\_rd\\_p=7df4b67e-ebf6-4e8b-b5dd-7a46501724e8&pf\\_rd\\_r=ZP51TKGKEMH7BEGWB3VD&psc=1&refRID=ZP51TKGKEMH7BEGWB3VD](https://www.amazon.co.uk/level-Physical-Education-Student-Guide-ebook/dp/B07VVVFLGP/ref=pd_sim_351_2/260-4739981-5623627?_encoding=UTF8&pd_rd_i=B07VVVFLGP&pd_rd_r=96627453-a501-499a-9a01-34a4c0ca56ca&pd_rd_w=hte2g&pd_rd_wg=1tMUZ&pf_rd_p=7df4b67e-ebf6-4e8b-b5dd-7a46501724e8&pf_rd_r=ZP51TKGKEMH7BEGWB3VD&psc=1&refRID=ZP51TKGKEMH7BEGWB3VD)