



## SUMMER TASK JULY 2021: PHYSICAL EDUCATION

Students should complete all sections of the summer tasks.

### SECTION A - APPLIED ANATOMY & EXERCISE PHYSIOLOGY

Using the photographs of Marcus Rashford, give a detailed analysis of performance for the skill he is preparing to perform & doing (executing).

Details should include the relationship between the muscular and skeletal systems throughout the action:

- Joints, bones & muscles used in the preparation & execution phases of the penalty kick.
- The movements produced + Planes of movement & axes of rotation used.
- The components of fitness used throughout the action.



### SECTION B - SKILL ACQUISITION

**Discuss** using the Inverted U Theory how arousal may have affected Marcus Rashford's performance of the penalty kick. **Explain** how might the presence of other people (team-mates/spectators/opposition goalkeeper) have affected his penalty kick?

**Explain** the types of stress management that Marcus Rashford could use to control levels of arousal and ensure that he is at the optimum level of arousal.

**Give examples** of how Marcus Rashford might practice the penalty kick in training to improve performance & **evaluate** the effectiveness of these types and methods of practice when learning different skills.



### SECTION C - SPORT & SOCIETY

In 21<sup>st</sup> C Sport, the pressure on players such as Rashford is immense.

**Discuss WHY & HOW** football in particular changed from the 19<sup>th</sup> C when the FA was established, to now?

**Describe** how media coverage and global interest can have an impact on players?

**Explain** what is at stake in terms of contracts and sponsorships etc?

The Euro 2020 (1) Final in Wembley saw violence, thuggery and an aftermath of racial abuse: **Discuss** the reasons why people act in this way and what can be done to prevent it or help the players targeted.