

PE Summer tasks for A level students

1. When answering extended questions it is important that students are up to date with modern sporting events and issues, therefore, collect newspaper / magazine articles of major events that you could use as practical examples in your writing.
2. The anatomy in year 1 A level is far more in depth the GCSE, get ahead early by learning the names of major muscles, bones and joints. Produce a diagram of the skeletal and muscular system, noting the actions that can happen at major joints.
3. Note the components of a balanced diet and the foods in each component.
4. Produce continuums for the following skill terms, and note sporting examples that explain each; Gross vs. fine, open vs. closed, discrete vs. serial vs. continuous, externally paced vs. self-paced, simple vs. complex.
5. State key Olympic events that have occurred through history by producing a time line.
6. Note how the following shaped sport in a) the twenty-first century b) in industrial Britain; class, gender, law & order, education & the availability of time/money/transport.