

Sixth Form Summer Transition Work

Welcome to Arnewood Sixth! You are about to embark on a busy and important two years of sixth form study.

Sixth form life is very different. You are going to feel much more independent, empowered and responsible for your own learning. The expectation is that this journey is down to you. You need to commit and relish in the challenge of sixth form life; ambition, belief and commitment are essential for your success.

Below is a transition activity designed for you to complete over the late spring into summer in preparation for your chosen course. By completing the task, you will be better prepared for the start of your course. Your A level teachers will check the work in September. Your commitment starts now!

Subject	Physical Education – Anatomy & Physiology	
Key Question	What makes an athlete move during performance?	
Resource List	OCR A level PE Specification Brian Mac Sports Coach A Level PE Learning Channel A Level PE Learning Channel The EverLearner Channel A level PE Education	http://www.ocr.org.uk/Images/234833-specification-accredited-a-levelgce-physical-education-h555.pdf https://www.brianmac.co.uk/moveanal.htm https://www.youtube.com/watch?v=i--xSZaKkqA https://www.youtube.com/watch?v=INGA_nqeqbc https://www.theeverlearner.com/ https://ashpe.weebly.com/joint-movementanalysis-of-movement.html

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Your Task	<p>There are 3 parts to your Transition task:</p> <p>Task 1: Access and read the OCR A level specification using the link above.</p> <p>Task 2: You need to be confident in being able to identify the following muscle locations. <i>(Use the links above to develop/further your knowledge)</i></p> <p>Deltoid, latissimus dorsi, pectoralis major, trapezius, teres minor, biceps brachii, triceps brachii, wrist flexors, wrist extensors, Iliopsoas, gluteus maximus, medius and minimus, adductor longus, brevis and magnus, biceps femoris, semi-membranosus, semi-tendinosus, rectus femoris, vastus lateralis, vastus intermedius and vastus medialis, tibialis anterior, soleus, gastrocnemius</p> <p>Task 3: Complete a movement analysis for a range of sporting movements. Create a presentation format of your choice. This can be PowerPoint, Key Note, a poster, a hand out leaflet; the choice is yours. You must complete your presentation and include the following movements:</p> <ul style="list-style-type: none"> - Upward phase of a bicep curl - Downward phase of a leg squat - Upward knee drive in a sprint - Pointing of the toe at the ankle as a swimmer kicks off the wall. - One of your choice <p>You must include:</p> <ul style="list-style-type: none"> - The agonist and antagonist muscles - The type of joint - Articulating bones - Type of muscle contraction - Plane of movement <p>Complete the questions below to help structure your work.</p>
Additional resources	Please see the attached PDF for you to complete.

Subject	Physical Education – Socio-Cultural factors	
Key Question	The modern Olympic Games and politics.	
Resource List	OCR A level PE Specification Background to the games Politics and the Olympics The EverLearner Channel	http://www.ocr.org.uk/Images/234833-specification-accredited-a-levelgce-physical-education-h555.pdf https://www.olympic.org/pierre-de-coubertin https://www.olympic.org/the-ioc/promote-olympism https://www.youtube.com/watch?v=zDFMj1RLh6U https://www.theeverlearner.com/
Your Task	<p>There are 2 parts to your Transition task:</p> <p>Task 1: Research the background of the modern Olympic games. Use the below links access information on Pierre De Coubertin and his aims of starting the modern Olympic games.</p> <p>https://www.olympic.org/pierre-de-coubertin https://www.olympic.org/the-ioc/promote-olympism</p> <p>Task 2: Explore how the games have been exploited politically by nations. Create an evaluations of how and why games were exploited highlighting the above 5 games specifically.</p> <p>https://www.youtube.com/watch?v=zDFMj1RLh6U</p> <p>TIP: The Ever learner will enable to you to access more information on both of these topic areas.</p>	

Subject	Physical Education – Skill Acquisition	
Key Question	How and why skills are classified on continuums.	
Resource List	OCR A level PE Specification A Level PE learner The EverLearner Channel A level classification quiz	http://www.ocr.org.uk/Images/234833-specification-accredited-a-levelgce-physical-education-h555.pdf https://www.youtube.com/watch?v=lYcbtd6v7mA https://www.theeverlearner.com/ https://www.teachpe.com/quizzes/skill-continuums-a-level-quiz
Your Task	<p>There are 3 parts to your Transition task:</p> <p>Task 1: How we classify skills on the six continuums in order to help us understand how to learn, teach and coach skills.</p> <p>Resource: A level PE learner on You tube – follow the link and start the video at 3min 52 secs.</p> <p>https://www.youtube.com/watch?v=lYcbtd6v7mA</p> <p>Task 2: Take the test and get your results straight away. Follow the link:</p> <p>https://www.teachpe.com/quizzes/skill-continuums-a-level-quiz</p> <p>TIP: The Ever learner will enable to you to access more information on this topic as well as enabling you to test your knowledge.</p>	
Additional Resources	Please see the attached PDF for you to complete.	

A Level PE Summer Transition Work – Additional Resource

The following questions are examples of how you will be asked to perform a movement analysis. Complete them to help you prepare for your presentation.

1. Fig. 1 shows a person using a resistance machine to increase leg strength.



Fig. 1

Complete the table below for the knee joint moving in the direction of the arrow.

Joint	Synovial Joint Type	Movement	Agonist	Antagonist
Knee				

[4]

2. Fig. 1 shows an athlete performing an upright row.

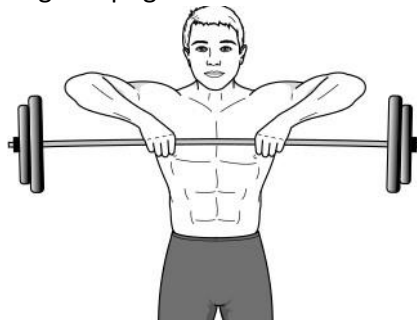


Fig. 1

i. Complete the table below for the athlete's shoulder joint whilst the bar is being raised.

Joint	Joint Type	Movement	Agonist	Antagonist	Type of Muscular Contraction
Shoulder		Abduction			

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[4]

3. Fig. 1 shows a swimmer performing the front crawl.



Fig. 1

i. Complete the table below for the swimmer's ankle joint. [3]

Joint	Joint Type	Movement	Agonist	Antagonist
Ankle		Plantar Flexion		

5. Fig. 1 shows a performer doing a sit up. Fig. 1



Complete the table below to show the movements that take place at the hip joint during both the upward and downward phases.

Phase	Agonist	Movement produced	Type of contraction
Upward			

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Downward			
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[6]

6. Fig. 6 shows the upward phase of a shoulder press.

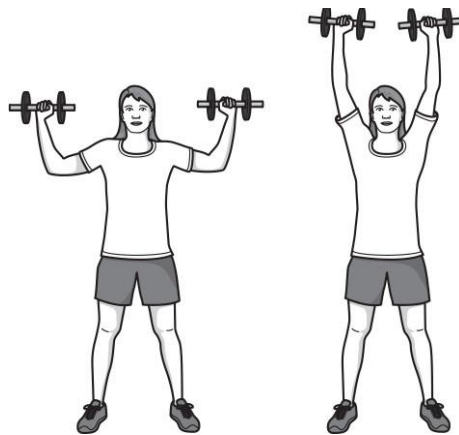


Fig. 6

Complete the table below to show the movement that takes place at the shoulder joint during the upward phase.

Movement	Agonist	Antagonist	Type of contraction

[4]

Classification of skills - fill in the missing words

Task 1

The following sentences have missing words in them. See if you can fill in the blanks.

1. skills are those that have limited decision making processes.

Name one:

2. Name the missing skill on this continuum: discrete - - continuous. Name one:

.....

3. The shot putt could be described as a skill. Can you name a skill from the opposite end of the muscular involvement continuum?:

4. Windsurfing is a skill that can be described as being Can you name another:

5. skills are characterised by requiring small and refined muscle movements. Can you name two others that also require this level of control:

.....

6. Running can be described as a Skill, because it is difficult to see a beginning and end to the action.

Can you name two skills from the opposite end of this, the continuum:

..... and

7. A skill such as a tennis serve can easily be broken down. It is said to be a skill.

8. Name three skills that would be categorised as 'gross':

.....
.....

9. Plot two skills at each end of this continuum. Name this continuum:

.....

Self paced _____ Externally paced

10. Plot the following skills on the difficulty continuum: sprinting, golf swing, jogging, discus throw, badminton serve, swimming.

Simple _____ Complex