

The Sixth Form at George Abbot

'Academic excellence within a vibrant community.'



Subject: PE

Head of Department: Mr Filmer jfilmer@georgeabbot.surrey.sch.uk

Pre Sixth Form Tasks

Task	Detail	Demonstrated		
		Yes	Partially	No
Organisation	<p>Prepare a folder for each relevant section of the PE specification (3 folders) Component 1 – Physiology Component 2 – Psychology Component 3 – Socio Cultural</p> <p>Print the specification (OCR A Level PE), link below. <i>What sport will you do – check the list in the specification.</i></p> <p>Place PLC into appropriate folder (handed to you on induction day).</p> <p>£50 cheque or cash (payable to George Abbot School) for book 1 (AS) and book 2 (A2).</p>			
Further Reading	OCR A LEVEL PE: My Revision Notes: Keri Moorhouse (Hodder Education).			
Additional task(s)	Complete tasks below from the transition booklet.			

Link to Subject Specification

<https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/>

All tasks completed	Yes	No
Subject Teacher Signature		



A-Level PE Summer Tasks Booklet

Introduction

Year 12 will be a hugely important year. You will encounter unfamiliar situations; take on roles you may not have considered previously, and tackle work that is more advanced and demanding. The P.E. staff will provide you with many opportunities to develop your skills, self-confidence and provide you with ample chances to take responsibility for your learning. It will provide you with many academic skills, one of which is teaching you how to become a confident independent learner.

Independent study skills have become increasingly important as A Level and other Level 3 qualifications have changed. You will not achieve your potential if you do not put in the work outside of lessons. Assessment frequently asks you to apply your subject knowledge to unfamiliar contexts and it is difficult, if not impossible, to do this if you have not taken the time to extend your understanding independently.

The purpose of completing the tasks in this booklet are:

- It will give you a great insight into some of the areas of study that will be covered in Year 12 A-Level P.E.
- You will have secured knowledge to enable you to make a fast start to Year 12.
- You will be able to answer questions and be able to confidently engage with fellow students and teachers in your opening lessons in Year 12.
- You will feel more confident about your ability to study and cope with demands of the subject.

Experience tells us that the students who achieve their potential and who gain the highest marks are those who take the greatest responsibility for their own progress. This independence of approach to study is an area you should strive to improve, building on strategies you have started to develop for GCSE. At KS5 there is greater expectation that you develop independent skills and knowledge to underpin those learnt in class. The quality of your transition tasks will be a good indicator of how well you will perform in A-Level P.E. Your performance in completing the transition tasks set in this booklet will be the basis of your first monitoring report.

The key assumption that has been made when writing this booklet is that having chosen to study Physical Education you have an enthusiasm, enjoyment and passion for the subject. Alongside the compulsory tasks we have included recommended books, podcasts and documentaries that I encourage you to look at.

Wherever your chosen career path will lead, your time in Sixth Form will be an extremely important step towards achieving your goals. Please don't waste this opportunity to lay the building blocks to a successful future.

Work hard, focus on your studies, go the extra mile and enjoy yourself.

George Abbot PE Department

A summary overview of the course

Content Overview	Assessment Overview	
<ul style="list-style-type: none"> • Applied anatomy and physiology • Exercise physiology • Biomechanics 	<p>Physiological factors affecting performance (01)*</p> <p>90 marks</p> <p>2 hour written paper</p>	<p>30% of total A level</p>
<ul style="list-style-type: none"> • Skill acquisition • Sports psychology 	<p>Psychological factors affecting performance (02)*</p> <p>60 marks</p> <p>1 hour written paper</p>	<p>20% Of total A level</p>
<ul style="list-style-type: none"> • Sport and society • Contemporary issues in physical activity and sport 	<p>Socio-cultural issues in physical activity and sport (03)*</p> <p>60 marks</p> <p>1 hour written paper</p>	<p>20% of total A level</p>
<ul style="list-style-type: none"> • Performance or Coaching • Evaluation and Analysis of Performance for Improvement (EAPI) 	<p>Performance in physical education (04)*</p> <p>60 marks**</p> <p>Non-exam assessment (NEA)</p>	<p>30% of total A level</p>

It is a core course requirement that you are taking part in competitive sport throughout the duration of the course

**** You will be required to film your practical performance in your chosen sport, detailed guidance on this will be provided at the start of Year 12 ****

You should download and save a copy of the specification to your One Drive. The latest version of the specification can be found at:

<https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

Tasks to be completed for your first lesson in September 2021

It is expected that you will need to research using some of the suggested resources in this booklet to ensure these tasks are completed to a high standard. You need to hand in all of these tasks at the start of your first lesson.

The tasks have been split to reflect the six areas you will cover during your first year. These are:

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics
- Skill acquisition
- Sports psychology
- Sport and Society

Task 1 – Applied anatomy and physiology



Fig. 1

Using your knowledge from GCSE analyse the figure above in regards to the following:

Type of Joint	
Movement	
Agonist	
Antagonist	
Plane of movement	
Type of muscle contraction (You will need to research this)	

Task 2 – Biomechanics

Levers in Sport

Using the YouTube clip below for background information and recapping from GCSE level, complete the table to demonstrate knowledge and understanding of levers within sport.

https://www.youtube.com/watch?v=d1wS_OIJzml

Lever Type	1 st Class	2 nd Class	3 rd Class
Diagram of Lever			

Where is it found in the body? Provide 2 examples.			
Give 2 examples of where the lever system can be used in sport.			
What is the mechanical advantage of the lever system?			
What is the mechanical disadvantage of the lever system?			

Task 3 – Skill Acquisition

Theories of Learning

Research the following theories of learning. **Create a PowerPoint presentation highlighting the key features of each of the theories.** How might this relate to learning within sport? What are the positives and negatives of these theories when it comes to learning skills in sporting situations? You should be prepared to talk through aspects of your presentation.

- Operant conditioning, including reinforcement.
- Bandura' Social/ Observational learning theory.
- Cognitive theories of learning.

Task 4 – Sports Psychology

Psychology of Sport – Personality

- a. Complete the Personality Test. <https://www.quietrev.com/the-introvert/test>
- b. Explain the nature vs nurture debate in the development of personality? Look at trait and social learning theories. What do the models proposed by the research of Hollander and Lewin tell us?
- c. How might knowledge of the interactionist perspectives of personality improve sporting performance?

Task 5 – Sport and Society

Factors that influence participation in sport

Research how Social Class, Education and Gender can influence participation in sport? Create Cornell revision notes for each of these areas? **Please use a blank proforma to complete notes for each of the three areas.**

An example of Cornell Notetaking

Name: Mr Harvey

Date: April 2021

Topic: Biomechanics

Subject: Projectiles

Main Ideas:

A projectile is an object upon which the only force acting is gravity. There are a variety of examples of projectiles.

An object dropped from rest provided that the influence of air resistance is negligible.

An object that is thrown vertically upward provided that the influence of air resistance is negligible.

An object which is thrown upward at an angle to the horizontal provided that the influence of air resistance is negligible.

Notes:

A projectile has a single force that acts upon it - the force of gravity. If there were any other force acting upon an object, then that object would not be a projectile.

By definition, a projectile is any object upon which the only force is gravity. A projectile is an object upon which the only force is gravity.

Gravity acts to influence the vertical motion of the projectile, causing a vertical acceleration.

The horizontal motion of the projectile is the result of the tendency of any object in motion to remain in motion at constant velocity.

Due to the absence of horizontal forces, a projectile remains in motion with a constant horizontal velocity.

Horizontal forces are not required to keep a projectile moving horizontally. The only force acting upon a projectile is gravity!

Summary

A projectile is any object that once projected or dropped continues in motion by its own inertia and is influenced only by the downward force of gravity.

Name:

Date:

Topic:

Subject:

Main Ideas:

Notes:

Summary:

Task 6

Exam questions – You are expected to research the answers to the following questions before attempting.

1. Explain how blood is redistributed to the working muscles. *(3 marks)*
2. Explain how oxygen diffuses from the lungs into the blood and how it is transported to the tissues. *(4 marks)*
3. Describe the characteristics of the main muscle fibre type used by sprinters. *(4 marks)*
4. Name the type of muscle contraction that occurs when kicking a football in a penalty shootout and identify the agonist and antagonist. *(3 marks)*
5. State a skill in gymnastics you think is closed, a skill that you think is serial and a skill that you think is gross. Give reasons for your choices. *(3 marks)*
6. Name the three stages of learning that a sports performer experiences whilst developing their skills and describe the characteristics of the level of performance associated with each stage. *(4 marks)*
7. Discuss the effects of industrialisation on sporting opportunities for working class. *(4 marks)*
8. Give reasons why female participants have improved opportunities to take part in sport in the early twenty-first century compared to the late twentieth century. *(4 marks)*
9. Basketball players need good cardiovascular endurance. State two classes of food that are most suitable for players who require cardiovascular endurance and explain why they are needed in their diet. *(3 marks)*
10. What are the psychological benefits of performing a warm up? *(3 marks)*
11. Using Newton's first law of motion, explain how a rugby kicker performs a conversion after a try in a game of rugby. *(3 marks)*
12. Name and explain one theoretical principle that a coach could use to change a negative attitude to a positive one. *(3 marks)*
13. Explain the different types of anxiety and use examples of how these can have a negative impact on performance. *(4 marks)*
14. Describe the process of effective goal setting in preparation to motivate a team during both training and performance. *(4 marks)*
15. Define and give examples of qualitative data research in relation to assessing an individual's performance within a game situation.

Task 7 – Written NEA preparation

You need to think about the sport you plan to be practically assessed in. You need to try and fully describe and explain **two** of your weaknesses in a fully competitive situation (game or performance).

You need to identify **one skill weakness** (e.g. short passing) and **one tactical weakness** (e.g. communication in defence)

Make sure you look at the criteria for your sport in the specification to help you identify skills/tactics.

When choosing your weaknesses, you must remember to choose a skill first. This is very important as your understanding of the technique used and the impact of weak technique on performance forms part of your assessment.

Try to use the following structure for your weakness.

Person being analysed:	Activity performed:
Area of assessment:	Weakness identified:
Background information (where/when/what/how)	
Technical explanation of the weakness and the impact this weakness had on performance.	

Some points to consider when analysing:

- Make sure your weakness is a skill.
- Use technical terms that are relevant to the activity
- Mention as many aspects of the technique as you can
- You must explain the impact of the poor technique on performance.
- You should reference an elite performer who you feel uses the perfect technique. Some comparison to this performer might help you fully explain the weakness you have.
- Use diagrams and pictures to help you.
- **Break it down into 3 sections: preparatory, execution, result/recovery.**

It is worth spending time planning what you believe your weaknesses are in relation to your skill. It is useful to compare your weakness to a perfect technical model used by a named elite performer.

Try to think about the following things:

- Position of body parts.
- What were you doing with your body parts?
- How did this effect your performance?

Here is a link to the SLE which has some audio files which may help with this task:

[https://georgeabbotschool.sharepoint.com/sites/SLE/Shared Documents/Forms/AllItems.aspx?viewid=64558630%2Db5c9%2D475b%2D8284%2D46fb504ceb27&id=%2Fsites%2FSLE%2FShared%20Documents%2FSLE%20Lessons%20%26%20Resources%2FPE%2FYear%2011%2FA%20level%20transition%20work](https://georgeabbotschool.sharepoint.com/sites/SLE/Shared%20Documents/Forms/AllItems.aspx?viewid=64558630%2Db5c9%2D475b%2D8284%2D46fb504ceb27&id=%2Fsites%2FSLE%2FShared%20Documents%2FSLE%20Lessons%20%26%20Resources%2FPE%2FYear%2011%2FA%20level%20transition%20work)

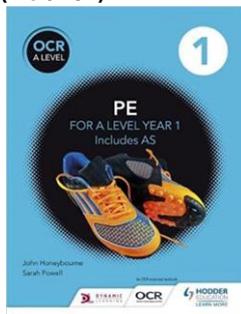
Essential reading:

We strongly recommend that you purchase the following textbooks. They should be readily available online via sites such as Amazon & WHS Smith. **The main text book (number 1) will be available to purchase from the P.E. office in September.**

OCR A Level PE Book 1 Paperback – £28.99

ISBN: 978-1471851735

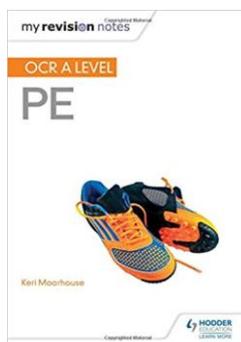
by [John Honeybourne](#) (Author), [Sarah Powell](#) (Author)



My Revision Notes: OCR A Level PE Paperback – £14.99 approx

ISBN: 978-1510405219

by [Keri Moorhouse](#) (Author)



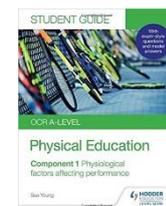
The following student guides have also just been published (January 2020) which are specific to each component:

OCR A-level Physical Education Student Guide 1: Physiological factors affecting performance

Sue Young

£9.99

ISBN: 9781510472082

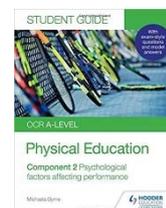


OCR A-level Physical Education Student Guide 2: Psychological factors affecting performance

Michaela Byrne

£9.99

ISBN: 9781510472099

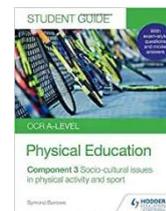


OCR A-level Physical Education Student Guide 3: Socio-cultural issues in physical activity and sport

Symond Burrows

£9.99

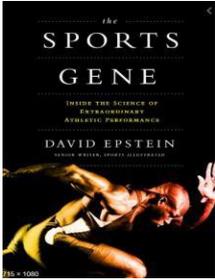
ISBN: 9781510472105



Recommended reading:

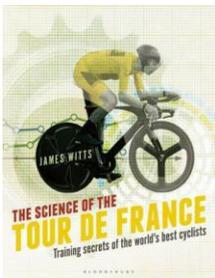
Although not OCR Physical Education endorsed books the following will help you to develop a deeper understanding of sports science that you will be able to apply to many different aspects of the specification. You may prefer to access some of these on Audible or from a library. **The 3 highlighted texts have been recommended as essential.**

1. **The Sports Gene: Inside the Science of Extraordinary Athletic Performance (By David Epstein)**



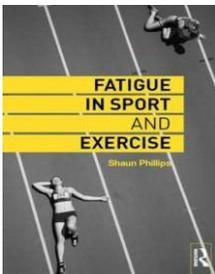
This book explores the question of nature versus nurture as it pertains to training for athletes in sports using anecdotes which favor both sides of the argument. These anecdotes are combined with the results of statistical studies to give the reader an understanding of the magnitude that biology plays in athletics. Topics such as the effects of gender, race, genetics, culture, and physical environment are discussed as contributors to success in specific sports.

2. **The Science of the Tour de France Training secrets of the world's best cyclists (By James Witts)**



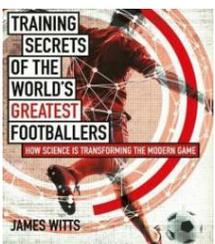
Find out why Formula One telemetry is key to more bike speed; how power meters dictate training sessions and race strategy; how mannequins, computational fluid dynamics and wind-tunnels are elevating aerodynamics to the next level; why fats and training on water alone are popular in the peloton; and why the future of cycling will involve transcranial brain stimulation and wearable technology.

3. **Fatigue in Sport and Exercise (By Shaun Phillips)**



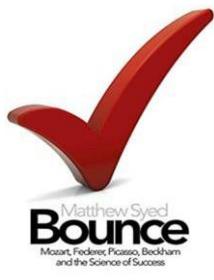
The book examines the different 'types' of fatigue and the difficulties of identifying which types are prevalent during different types of exercise, including a discussion of the most important methods for measuring fatigue. It introduces the fundamental science of fatigue, focusing predominantly on covering physiological aspects, and explores key topics in detail, such as energy depletion, lactic acid, dehydration, electrolytes and minerals, and the perception of fatigue.

4. **Training Secrets of the World's Greatest Footballers How Science is Transforming the Modern Game (By James Witts)**



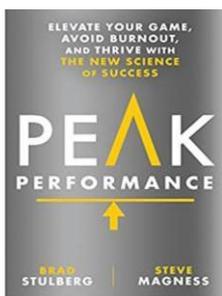
Why does Paul Pogba wear custom-made compression socks? Why does Sergio Agüero altitude-train when returning from injury? From virtual-reality units to the omnipresence of GPS vests, taking in brain-training, innovative gear and performance nutrition along the way, you'll discover what it takes to reach the top of the game - and how to apply this knowledge to your own training.

5. **Bounce: The Myth of Talent and the Power of Practice (By Matthew Syed)**



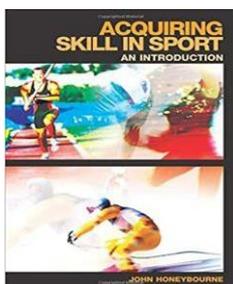
What is the magic spark that sees David Beckham and Tiger Woods soar above all their competitors, and could the secret lie in the practice regime of Mozart? Matthew Syed's dazzling investigation of high achievement draws on the stories of sports stars and the most up-to-date science to uncover the surprising factors that lead to world beating success. The follow up books *The Greatest: The Quest for Sporting Perfection* is also worth a read. Lots of relevance to the skill acquisition section of the specification.

6. **Peak Performance: (By Brad Stulburg)**



Peak Performance combines the inspiring stories of top performers across a range of capabilities from athletic to intellectual to artistic with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. Peak Performance presents the newly-discovered links that hold promise as performance boosters, but that have been traditionally overlooked.

7. **Acquiring Skill in Sport: An Introduction: (By John Honeybourne)**



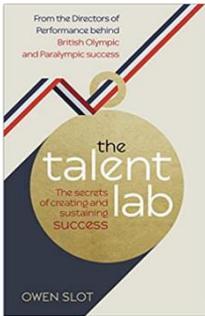
The book is a user-friendly, highly accessible text for the students to understand the basic concepts of sport skills acquisition. Each chapter covers important theoretical background and shows how this theory can be applied through practical examples from the world of sport. The book also examines the ways in which skills can be most effectively and addresses issues such as: characteristics and classifications of abilities and skills in sport, information processing in sport, motor programmes and motor control, phases of learning and presentation of skills and practices.

8. **Peak : How All of Us Can Achieve Extraordinary Things (By Anders Ericsson)**



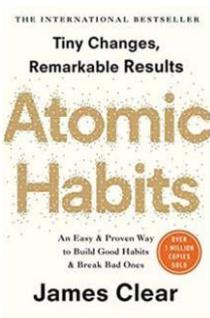
Ericsson's research focuses on the real world, and he explains in detail, with examples, how all of us can apply the principles of great performance in our work or in any other part of our lives.' Do you want to stand out at work, improve your athletic or musical performance, or help your child achieve academic goals? Anders Ericsson has made a career studying chess champions, violin virtuosos, star athletes, and memory maven.

9. **The Talent Lab: The secret to finding, creating and sustaining success. (By Owen Slot)**



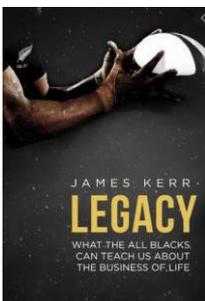
The Talent Lab is the inside story of exactly how a smart-thinking army of athletes, coaches, talent finders, innovators, disruptors, analysts and psychologists utilised the cutting-edge insight of elite performance to succeed where other nations failed – and turn Britain into an Olympic superpower.

10. **Atomic Habits: Tiny changes, remarkable results. (By James Clear)**



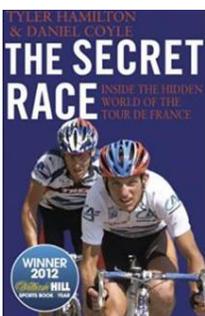
James Clear reveals how miniscule changes can grow into life-altering outcomes. He uncovers a handful of simple hacks...and delves into cutting-edge psychology and neuroscience to explain why they matter, along the way he tells inspiring stories of Olympic gold medalists, leading CEOs and distinguished scientists who have used the science of tiny habits to stay productive, motivated and happy.

11. **Legacy: What the All Blacks can teach us about life. (By James Kerr)**



The All Blacks are the world's most successful sporting outfit, undefeated in over 75% of their international matches over the last 100 years. What is the secret of their success? And what can we - as individuals, companies and teams - learn from them?

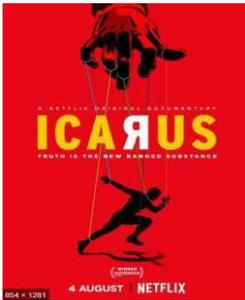
12. **The Secret Race: Inside the Hidden World of the Tour de France (By Tyler Hamilton & Daniel Coyne)**



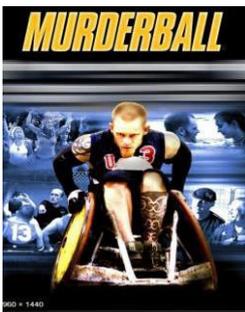
On a fateful night in 2009, Tyler Hamilton and Daniel Coyle met for dinner in Boulder, Colorado. Over the next eighteen months, Hamilton would tell Coyle his story, and his sport's story, in explosive detail, never sparing himself in the process. In a way, he became as obsessed with telling the truth as he had been with winning the Tour de France just a few years before.

Relevant Documentaries & Media

Watching the following documentaries will add to your depth of knowledge that will add to your understanding of sport. Many of these can be found on YouTube or on Netflix or Prime TV. If you are struggling to access, please see a member of the P.E. team who will try to assist. This is not an exhaustive list and will be added to over time.



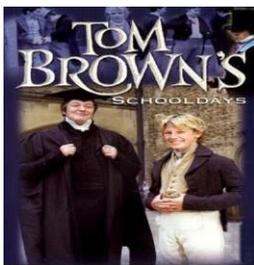
Icarus - When filmmaker Bryan Fogel sets out to uncover the truth about doping in sports, a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller. Dirty urine, unexplained death and Olympic gold are all part of the exposure of the biggest scandal in sports history. <https://www.netflix.com/title/80168079>



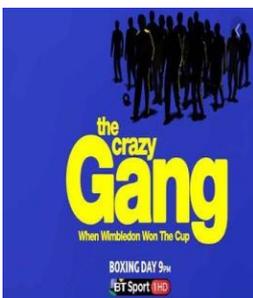
Murderball - This documentary introduces the U.S. quad rugby team -- a team composed entirely of young paraplegic men. Using special wheelchairs and very little protection, the players play full-contact competitive rugby, using rules only slightly altered to accommodate their limitations. The film follows the team as they discuss the sport, their lives, and how they ended up in their chairs to begin with, while they play their way to the 2004 Paralympic Games in Athens, Greece. This has great links to disability sport and factors effecting participation. A DVD copy can be borrowed from the P.E. office. <https://www.amazon.co.uk/Murderball-Joe-Soares/dp/B00EUX57DI>



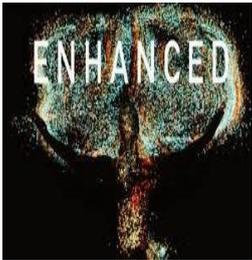
Lance & Oprah – This Interview – In this interview disgraced cyclist Lance Armstrong has held a "no-holds barred" interview with chat show host Oprah Winfrey. The 41- year-old American lifts the lid on one of the most high-profile stories in sporting history. Links to the drugs in sports and deviance areas of the course. <https://www.youtube.com/watch?v=2jtDH-10m2s>



Tom Browns Schooldays - Drama about life at Rugby School in Victorian England. The headmaster is fair but not effective and life is brutal for the young boys because of bullying and its consequences. Links the era of popular recreation and the influence of Public Schools on rational recreation. https://www.amazon.co.uk/Tom-Browns-Schooldays-Julian-Wadham/dp/B0006HIPMW/ref=tmm_dvd_title_0?_encoding=UTF8&qid=&sr=



The Crazy Gang – When Wimbledon Won the Cup – This documentary spills the beans on the notorious Wimbledon football team who climbed from non-league status to the pinnacle of the British game in less than a decade. In this revealing documentary, Crazy Gang members disclose for the first time the extent of the brutality between the players themselves and how being part of that process was the making of them all. Links to deviance in sport and group dynamics. <https://www.youtube.com/watch?v=kdU1qUN7LX8>



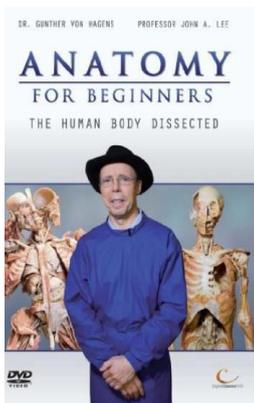
ESPN Films: Enhanced (Six Episode Docuseries 2019) Unprecedented behind-the-scenes look at how athletes are using modern technology and science to achieve greatness. https://www.espn.com/video/clip/_/id/24055829 Can be found on the media platform vimeo.com. Great links to sports technology physiology & psychology.



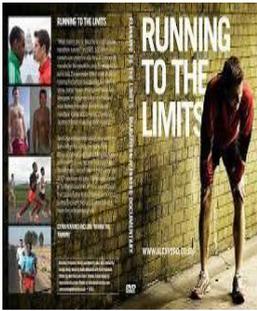
Whites Vs Blacks: How Football changed a Nation. BBC Documentary. Adrian Chiles looks into an extraordinary game of professional football that took place in May 1979, when an all-white team took on a side comprised solely of black players. <https://www.youtube.com/watch?v=3ne6eRxtBCs> Links to factors effecting participation in sport.



Catch Me if You Can. BBC Panorama Documentary. Mark Daly investigates doping in athletics and explores apparent allegations against Alan Wells, Alberto Salazar and Galen Rupp, allegations which they all strenuously deny. <https://www.youtube.com/watch?v=04ck8LwApd4> Great links to deviance and drugs in sport.



Anatomy for Beginners – The Human Body Dissected. In this series you can see highlights of the dissections and learn more about the human body. Your anatomical guides are controversial anatomist Dr Gunther von Hagens, who dissects the bodies, and pathologist Prof. John Lee who explains how they work in health and in disease. At the heart of each episode is a human dissection, carried out by von Hagens, each episode focusing on a different set of anatomical systems: movement, circulation, digestion and reproduction.



Running to the Limits – A 2009 documentary film about filmmaker Alex Vero's journey to qualify for the 2008 Beijing Olympic Marathon. Narrated by Vero and set against the backdrop of a massive decline in British professional marathon running, the film spans over three years and several continents as he works to overcome physical and personal demons and complete his marathon training.
<https://www.youtube.com/watch?v=hwLkPkqMdk>



The Test of Fitness – A 2014 documentary about cross fit. A look at different methodology of improving fitness.
<https://www.youtube.com/watch?v=3eGgWEr-Vv8>



The Truth about Fitness - Medical journalist Michael Mosley teams up with scientists whose latest research is turning common knowledge about fitness on its head. They reveal why 10,000 steps is just a marketing ploy and that two minutes of exercise is all a person needs each week. They discover how to get people to stick to their fitness plans and what exercise can actually make everyone more intelligent. Whether it is for couch potatoes who hate the thought of exercise, someone too busy to consider the gym, or even for fitness fanatics who are desperate to do more - science can help everyone exercise better.
<https://www.bbc.co.uk/iplayer/episode/b09qjl7d/the-truth-about-15-getting-fit>



Born to Run: The Kenyan Secrets- A look at the success of Kenyan distance runners. <https://www.youtube.com/watch?v=25BywC5-p2U>



Breaking 2 – Brilliant Amazon TV documentary focusing on three athletes attempting to break the 2hr marathon record.
<https://www.amazon.com/Breaking2-Season-1/dp/B075QV64XY>



The English Game – Netflix drama that is highly relevant to the Sport and Society section of the course. This series looks at the invention of football and how it rose to become the world's game by crossing class divides.
<https://www.netflix.com/title/80244928>



The Test – Great Amazon TV documentary focusing on how the Australian cricket team recovered from the ball tampering controversy. This 8 part series links to both the group dynamics and deviancy section of the specification.
<https://www.amazon.co.uk/Test-New-Era-Australias-Team/dp/B085FV9XL3>



The Man with the Halo. A story of bravery and determination in the face of adversity. This inspirational short documentary tells the unfathomable comeback story of Tim Don, the fastest Ironman triathlete of all time, after breaking his neck in a cycling crash. <https://www.youtube.com/watch?v=UhlchwAkAU>



The Game Changers - James Wilks travels the world on a quest for the truth about meat, protein, and strength. Showcasing elite athletes, special ops soldiers, and visionary scientists to change the way people eat and live.
<https://www.netflix.com/title/81157840>



Ice Guardians – This documentary looks at the controversial world of Ice Hockey's enforcers. Great links to the sports psychology, violence in sport, sport and society sections of the specification.
<https://www.netflix.com/title/80150246>



Crossing the Line – This is the story of the highly controversial 2018 Test series between Australia and South Africa involving the infamous ball-tampering scandal, Sandpapergate. Links to the deviance in sport and group dynamics section of the specification.
<https://www.youtube.com/watch?v=MKcvHAec6GM>



The Last Dance - This is a 2020 American sports documentary miniseries focusing on the 1997–98 Chicago Bulls. The series features film from a crew that had an all-access pass to the Bulls during the National Basketball Association season.

<https://www.netflix.com/title/80203144>

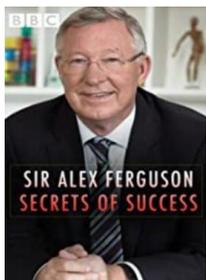


The Program - An Irish sports journalist becomes convinced that Lance Armstrong's performances during the Tour de France victories are fueled by banned substances. With this conviction, he starts hunting for evidence that will expose Armstrong. Links to the deviancy section of the specification. DVD copy available to borrow from the P.E. office.

<https://www.amazon.co.uk/Program-Ben-Foster/dp/B019J4GPWO>

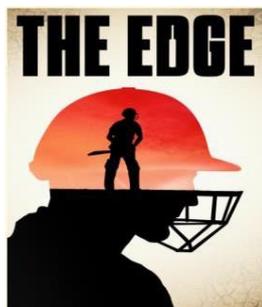


Sunderland 'Til I Die (Season one and two) is proof that a disaster is so often more entertaining to watch than success. Following the North East club in their 2017/18 EFL Championship season, Netflix likely planned to film the story of a side returning to the riches of the Premier League. Only instead of getting promoted, Sunderland finished bottom of the league and suffered the humiliation of back-to-back relegations. Links to the topics of social class and sport, leadership and group dynamics. <https://www.netflix.com/title/80207046>



Sir Alex Ferguson – Secrets of Success – A BBC documentary that examines the skills that made Manchester United manager Alex Ferguson one of the most successful football managers of the modern game. Good links the leadership and group dynamics areas of the specification.

<https://www.youtube.com/watch?v=SbtZjIEs5r0>



The Edge – Focuses on the England Cricket team in a compelling, funny and emotional insight into a band of brothers' rise to the top, their unmatched achievements and the huge toll it would take. One of the toughest sports on the planet, and psychologically perhaps the most challenging, The Edge Film explores the ruthless intensity of the game, the impact it can have on players' mental health and the extreme price of success.

<https://www.theedgefilm.com/>

Twitter & Websites

You are strongly encouraged to bookmark and access the following throughout the course. Please look at the following:

- https://twitter.com/cleans_letsrun?lang=en – Account that posts articles and news related to drugs and deviance in sport.
- <https://twitter.com/sportingintel?> – Account that looks at the links between commercialisation and sport.
- <https://twitter.com/modoorbell?lang=en> – Account that posts articles and news related to drugs in sport.
- <https://twitter.com/danroan> – Leading BBC sports journalist.
- <https://sportsscientists.com/> - Science of Sport website that brings you the second, third, and fourth level of analysis you will not find anywhere else.
- <https://www.studyalevelpe.co.uk/> - A good general revision site specific to OCR A level.
- <http://www.alevelpe.com/> - Another blog-based site. Good for revision.
- <https://www.youtube.com/channel/UCPu81I88W5d38hZplqzsLXQ/videos> – General P.E. YouTube account with some good clips relating to A-Level P.E.

Programmes and Podcasts

- <https://www.bbc.co.uk/programmes/b01bwfyd> - A story of lies, expulsions, bigotry and witch-hunts, as a civil war in sport erupted when rugby split in two.
- <https://www.bbc.co.uk/programmes/b01cwszw> - Podcast that explores the way global television has changed our relationship with sport forever.
- <https://www.bbc.co.uk/programmes/b01cw7kv> - Why rugby union tried to stand firm against the encroaching tide of professionalism and, in August 1995, lost.
- <https://www.bbc.co.uk/programmes/b01cvk8l> - Why and when the British government got involved in sport, when the country had always prided itself on keeping them apart.
- <https://www.bbc.co.uk/programmes/b01ckmgn> - The demise of the amateur gentleman and the rise of the professional player, as the 1960s saw the beginning of a new, more egalitarian era in British sport.
- <https://www.bbc.co.uk/programmes/b01bwmwd> - The rise of the middle class in Victorian Britain heralded the birth of suburban tennis and golf clubs.
- <https://www.bbc.co.uk/programmes/b01b9h7c> - A look at Rugby School, which can claim to be the birthplace of the modern Olympic games.
- <https://www.bbc.co.uk/programmes/b01bb7jp> - The importance of boxing for the 19th-century alpha male. With no gloves or armour, pugilism was pure, painful and deeply patriotic.
- <https://www.bbc.co.uk/programmes/b01bbcqn> - Podcast on the role Rugby school played in turning its pupils into men fit to run the empire.
- <https://www.bbc.co.uk/programmes/b01bllxk> - The Football Association, founded in 1863, was set up to ensure that players should be gentlemen both on and off the pitch.
- <https://www.bbc.co.uk/programmes/b01bm0pf> - If trade was the driving force behind the expansion of the British Empire, sport was the glue that helped keep it together.
- <https://www.bbc.co.uk/programmes/b01bmltg> - The story of how football went from an amateur pastime to big business, and it all started in the Lancashire mill town of Preston.

Title	Where to find it	Details
<p data-bbox="140 197 416 259">The Science of Sport Podcast</p> 	<p data-bbox="539 197 619 226">Apple</p> <p data-bbox="528 264 630 293">Android</p>	<p data-bbox="711 197 1489 439">World-renowned sports scientist Professor Ross Tucker and veteran sports journalist Mike Finch break down the myths, practices and controversies from the world of sport. From athletics to rugby, soccer, cycling and more, the two delve into the most recent research, unearth lessons from the pros and host exclusive interviews with some of the world's leading sporting experts. For those who love sport.</p> <p data-bbox="711 443 967 472">Stand out episodes:</p> <p data-bbox="711 477 1251 506">26/02/20 - The Science of Perfect Training</p> <p data-bbox="711 510 1251 539">08/02/20 - The Shoe That Broke Running II</p> <p data-bbox="711 544 1091 573">25/11/19 - Mary Cain & RED-S</p> <p data-bbox="711 577 1230 607">23/10/19 - The Shoe That Broke Running</p> <p data-bbox="711 611 1465 640">23/09/19 - Why the All Black Are The Greatest Sports Team</p> <p data-bbox="711 645 1410 674">09/09/19 - How to Cheat at Sport and Get Away With It</p> <p data-bbox="711 678 1273 707">27/08/19 - How to Make a Champion (Part II)</p> <p data-bbox="711 712 1265 741">13/08/19 - How to Make a Champion (Part I)</p> <p data-bbox="711 745 1198 775">09/07/19 - The Drugs In Sport Episode</p> <p data-bbox="711 779 1366 808">18/08/19 - The Science of Cricket with Gary Kirsten</p> <p data-bbox="711 813 1382 842">29/04/19 - Caster Semenya: Explaining Sex v Gender</p>
<p data-bbox="145 880 408 909">That Triathlon Show</p>	<p data-bbox="539 880 619 909">Apple</p> <p data-bbox="528 947 630 976">Android</p>	<p data-bbox="711 880 1465 1014">The one triathlon show focusing on practical and actionable advice that you can use in your own triathlon training and racing. New episodes are released twice per week. Includes some excellent discussions on the science of training.</p> <p data-bbox="711 1019 967 1048">Stand out episodes:</p> <p data-bbox="711 1052 1465 1081">06/02/20 - Hill repeats and long runs; Protein for endurance</p> <p data-bbox="711 1086 1310 1115">27/01/20 - Race hydration, calories and sodium</p> <p data-bbox="711 1120 1461 1149">06/01/20 - Volume, intensity and physiological adaptations</p> <p data-bbox="711 1153 1334 1182">18/11/19 - Nutrition trends and current evidence</p> <p data-bbox="711 1187 1326 1216">24/10/19 - Fueling workouts; Diet and body types</p> <p data-bbox="711 1220 1414 1294">14/10/19 - Improve your running speed, endurance and performance</p> <p data-bbox="711 1299 1251 1328">03/10/19 - Aerobic and anaerobic capacity</p> <p data-bbox="711 1332 1481 1406">19/09/19 - Does compression clothing improve performance and recovery</p>
<p data-bbox="105 1422 448 1451">The Clean Sport Collective</p>	<p data-bbox="539 1422 619 1451">Apple</p> <p data-bbox="528 1489 630 1518">Android</p>	<p data-bbox="711 1422 1489 1556">The Clean Sport Collective is a community of powerful voices comprised of athletes, brands, events, clubs, fans and the public to support the pursuit of clean sport and athletics through the absence of performance enhancing drugs.</p> <p data-bbox="711 1561 967 1590">Stand out episodes:</p> <p data-bbox="711 1594 1366 1624">01/02/20 - New Shoe Regulations with Ross Tucker</p> <p data-bbox="711 1628 1410 1657">26/01/20 - Evan Dunfee - Bronze Medalist in 50km walk</p> <p data-bbox="711 1662 1321 1736">05/01/20 - Steve Magness, Nike Oregon Project Whistleblower</p> <p data-bbox="711 1740 1214 1769">17/11/19 - Mary Cain Tells Us Her Story</p> <p data-bbox="711 1774 1326 1848">20/10/19 - Tyler Hamilton: Convicted Doper and Whistleblower</p> <p data-bbox="711 1852 1406 1881">07/10/19 - Kara and Adam Goucher on the 4-Year Bans</p> <p data-bbox="711 1886 1230 1915">31/05/19 - Travis Tygart, CEO of USADA</p>

Student checklist for the first A-Level P.E. lesson in September 2021

It is expected that you hand the following tasks in to your teacher at the start of your first lesson.

Tasks	Complete ✓ or X	Notes/further information
Taster lesson 1		
Taster lesson 2		
Booklet task 1		
2		
3		
4		
5		
6		
7		

Lesson expectations

1. Make sure you are on time.
2. Have a large A4 file with you for every lesson.
3. Make sure you are equipped with basic stationary.
4. Ensure you have done any requested lesson preparation – most likely reading or Everlearnertasks.
5. Meet all deadlines without exception.
6. If work does not meet the required standard you will be expected to repeat it.
7. Engage with other students and teachers during lessons.

If you require any help or clarification about A-Level Physical Education before the start of the course please do not hesitate to contact either:

Mr Isherwood: bisherwood@georgeabbot.surrey.sch.uk

Mr Robinson: trobinson@georgeabbot.surrey.sch.uk

Mr Filmer: jfilmer@georgeabbot.surrey.sch.uk