

**Physical Education A Level – Preparatory Work 2022**

<p><b>Physiological Factors Affecting Performance</b></p> <p><b>External Assessment</b>  <b>90 marks</b>  <b>2 Hour Exam</b>  30% of Total A Level</p>	<p><b>COMPLETE</b></p> <p>Task 1: Create a table for the 3 main synovial joints.</p> <table border="1" data-bbox="665 363 1420 550"> <tr> <td>Description</td> <td>Ball &amp; Socket</td> <td>Hinge</td> <td>Condyloid</td> </tr> <tr> <td>Examples in the body</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Articulating Bones</td> <td></td> <td></td> <td></td> </tr> </table> <p>Task 2: Look up what these joint movements are. Describe and give a sporting example. Present in table form.</p> <table border="1" data-bbox="665 695 1420 807"> <tr> <td>Movement</td> <td>Description</td> <td>Sporting Example</td> </tr> <tr> <td>E.g Flexion</td> <td>Decreasing the angle at a joint</td> <td>Upward phase of a bicep curl</td> </tr> </table> <p>Flexion/Extension/Abduction/Adduction/ Horizontal Flexion/Horizontal Extension/Medial Rotation/Lateral Rotation/ Circumduction/Dorsiflexion/Plantar flexion</p> <p>Task 3: What are the antagonistic pairs of muscles at each of these joint?  Present in table form</p> <ol style="list-style-type: none"> <li>1. Shoulder joint</li> <li>2. Ankle Joint</li> <li>3. Elbow Joint</li> <li>4. Wrist Joint</li> <li>5. Hip Joint</li> <li>6. Knee</li> </ol> <p>Note: There may be more than one movement at each joint</p>	Description	Ball & Socket	Hinge	Condyloid	Examples in the body				Articulating Bones				Movement	Description	Sporting Example	E.g Flexion	Decreasing the angle at a joint	Upward phase of a bicep curl	<p><b>WATCH</b></p> <p>Joints and Movements by James Morris</p> <p><a href="#">Joint action and muscles - YouTube</a></p>	<p><b>READ</b></p> <p>Brianmac.co.uk  Anatomy and Physiology</p> <p>The Skeletal System  <a href="#">Physiology - Skeletal System (brianmac.co.uk)</a></p> <p>The Muscular System  <a href="#">Physiology Muscular System (brianmac.co.uk)</a></p>
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<p><b>Psychological Factors Affecting Performance</b></p> <p><b>External Assessment</b>  <b>60 marks</b>  <b>1 Hour Exam</b>                  20% of Total A Level</p>	<p><b>COMPLETE</b></p> <p>Task 1:                  Sport Psychology is concerned with the mind and how it functions in a sporting and competition situation. Read the article titled: The relationship between motivation, self confidence and anxiety and answer the following questions:  <a href="#">The Relationship Between Motivation, Self- Confidence and Anxiety - BelievePerform - The UK's leading Sports Psychology Website</a></p> <ol style="list-style-type: none"> <li>1. What are the two types of motivation?</li> <li>2. Which one is deemed the most important for sustained success?</li> <li>3. According to Feltz, what is self confidence?</li> <li>4. What often happens to performers experiencing high levels of anxiety?</li> <li>5. What is the issue with setting unrealistic goals?</li> </ol> <p>Task 2: Motivation and You</p> <ol style="list-style-type: none"> <li>1. Make a list of all the reasons you participate/play/compete or train in your sport or activity</li> <li>2. Using the answer to Q1 in Task 1 highlight against each reason which type of motivation it is. Are you motivated by one type in particular?</li> <li>3. Give an example of when you have used a type of motivation to achieve success in your sport/activity</li> <li>4. Do you have any current goals or aspirations in your sport/activity? If so, jot down 2-3 goals.</li> </ol>	<p><b>WATCH</b></p> <p>Stages of Learning:  <a href="#">Stages of Learning: Skill Acquisition - PE &amp; Sport (Motor Skills) - YouTube</a></p>	<p><b>READ</b></p> <p>Honeybourne, J. 2006. Acquiring Skill in Sport: An Introduction. Routledge</p>
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<p><b>Non – Examined Assessment</b> Sporting Performance and EAPI (Verbal analysis and Evaluation of Performance)</p> <p><b>Internal Assessment</b> <b>90 Marks</b> 30 % of Total A Level</p>	<p><b>COMPLETE</b> <b>Task 2: Sport/Activity</b> Using the OCR PE A Level Specification – Link Below <a href="#">OCR AS and A Level Physical Education NEA Guide</a></p> <p>Complete the table for core, advanced skills and decision making and tactical components required in your chosen sport or activity:</p> <table border="1" data-bbox="665 582 1420 983"> <tr> <td colspan="2">Sport/Activity:</td> <td>Position:</td> </tr> <tr> <td>Core Skills</td> <td>Advanced Skills</td> <td>Decision Making and Tactics</td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> </table>	Sport/Activity:		Position:	Core Skills	Advanced Skills	Decision Making and Tactics				<p><b>WATCH</b></p> <p><b>Guide to NEA</b> <a href="#">EAPI - A Level PE (weebly.com)</a></p>	<p><b>READ</b></p> <p>Specification Page for your chosen Sport and Activity</p>
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