

Physical Education A Level – Preparatory Work 2023

<p>Physiological Factors Affecting Performance</p> <p>External Assessment 90 marks 2 Hour Exam 30% of Total A Level</p>	<p>COMPLETE</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 & 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 805"> <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"> 1. Shoulder joint 2. Ankle Joint 3. Elbow Joint 4. Wrist Joint 5. Hip Joint 6. Knee <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>WATCH</p> <p>Joints and Movements by James Morris</p> <p>Joint action and muscles - YouTube</p>	<p>READ</p> <p>Brianmac.co.uk Anatomy and Physiology</p> <p>The Skeletal System Physiology - Skeletal System (brianmac.co.uk)</p> <p>The Muscular System Physiology Muscular System (brianmac.co.uk)</p>
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<p>Psychological Factors Affecting Performance</p> <p>External Assessment 60 marks 1 Hour Exam 20% of Total A Level</p>	<p>COMPLETE</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: The Relationship Between Motivation, Self- Confidence and Anxiety - BelievePerform - The UK's leading Sports Psychology Website</p> <ol style="list-style-type: none"> 1. What are the two types of motivation? 2. Which one is deemed the most important for sustained success? 3. According to Feltz, what is self confidence? 4. What often happens to performers experiencing high levels of anxiety? 5. What is the issue with setting unrealistic goals? <p>Task 2: Motivation and You</p> <ol style="list-style-type: none"> 1. Make a list of all the reasons you participate/play/compete or train in your sport or activity 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? 3. Give an example of when you have used a type of motivation to achieve success in your sport/activity 4. Do you have any current goals or aspirations in your sport/activity? If so, jot down 2-3 goals. 	<p>WATCH</p> <p>Stages of Learning: Stages of Learning: Skill Acquisition - PE & Sport (Motor Skills) - YouTube</p>	<p>READ</p> <p>Honeybourne, J. 2006. Acquiring Skill in Sport: An Introduction. Routledge</p>
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<p>Non – Examined Assessment Sporting Performance and EAPI (Verbal analysis and Evaluation of Performance)</p> <p>Internal Assessment 90 Marks 30 % of Total A Level</p>	<p>COMPLETE Task 2: Sport/Activity Using the OCR PE A Level Specification – Link Below OCR AS and A Level Physical Education NEA Guide</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>WATCH</p> <p>Guide to NEA EAPI - A Level PE (weebly.com)</p>	<p>READ</p> <p>Specification Page for your chosen Sport and Activity</p>
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