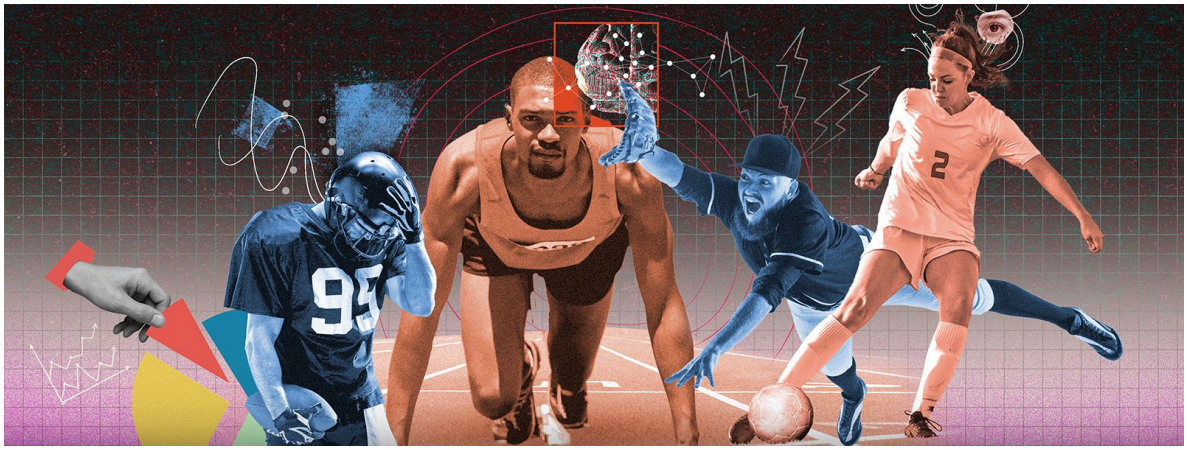
Ruislip High School

Name _____

Year 11 into 12 A-Level PE Booklet



OCR A-LEVEL PE

PAPER 1
Physiological factors affecting performance

Choose a skill from your sport & complete a movement analysis for the three phases of that skill. The three phases (PER) are;

1. Preparation phase,
2. Execution phase
3. Recovery phase (follow through)

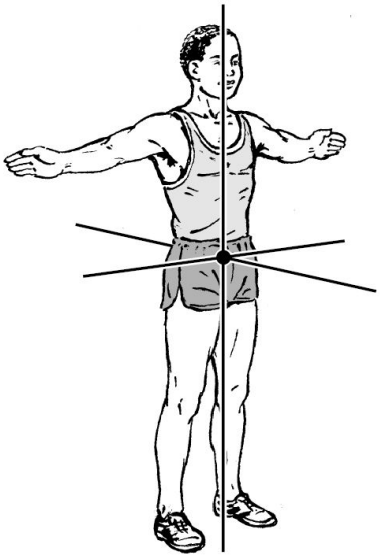
Your movement analysis for each of the three phases must include pictures & a table identifying the following; 'Joint, Joint type, Movement, Agonist & Type of contraction.' as shown in my example below; (Please don't use this example!)

<u>Example of how to complete</u> - 'Preparation phase of a tennis serve movement analysis for task 1; you will need to do this for all three phases of the skill'

Joint	Joint type	movement	agonist	Type of contraction
Right shoulder	Ball & socket	extension	Posterior deltoid & latissimus dorsi	concentric
Right elbow	hinge	flexion	Bicep brachii	concentric
Lumber vertebrae	gliding	extension	Erector spinae	concentric
Right wrist	condyloid	extension	Wrist extensors	concentric
Right hip	Ball & socket	flexion	Illiopsoas – hip flexor	concentric
Right knee	hinge	Flexion	Hamstring – Bicep femoris	concentric
Right ankle	hinge	Dorsi flexion	Tibialis anterior	concentric
Left shoulder	Ball & socket	flexion	Medial & Posterior deltoid	concentric
Left elbow	hinge	extension	Tricep brachii	concentric
Left wrist	condyloid	extension	Wrist extensors	concentric
Left hip	Ball & socket	flexion	Iliopsoas – hip flexor	concentric
Left knee	hinge	flexion	Hamstring – Bicep femoris	concentric
Left ankle	hinge	Dorsi flexion	Tibialis anterior	concentric

PAPER 1
Physiological factors affecting performance

A & P Task 2 – Axis of rotation



The names axis of the rotation used by OCR A Level PE are a little different from Edexcel GCSE. **Please note, as below, the vertical axis is now the longitudinal axis.**

For each of the three axis of rotations (as shown in the picture below) **give an example from your sport where the performer moves in that axis of rotation when performing a skill/movement Use pictures to support your answer.**

Complete this task in Powerpoint or Word.

e.g for a forehand in tennis the performer moves through the longitudinal axis of rotation

A & P Task 3a – Designing a drill to improve skills

Design a drill to improve the skill you have analysed in Task 1.

Include the following points;

-Coaching points
-Diagram of the drill – showing players, cones, goals, movements, passes etc
-Aim of the drill
-Explanation of how you would know the performer has made progress & you would know to progress the drill to make it more challenging

Task 3b

Now design a progressive practice for this drill – show how you would change the drill to make it more challenging for the performer. Include the following;

-Coaching points
-Diagram of the drill
-Aim of the drill
-Explanation of how you would know the performer has made progress & you would know to progress the drill to make it more challenging

PAPER 1
Physiological factors affecting performance

Exercise Physiology Tasks

There are three main energy systems used by the body to provide energy for physical activity. Watch the following video clip from Youtube by James Morris on the ATP-PC System and answer the following questions.

https://www.youtube.com/watch?v=r9SFsWbMO0w&list=PLzh4kOin3WAqIalBIRyqgiNXw-73LmHET&index=22&t=4s

1. What does ATP stand for?
2. Explain the structure of ATP (what is it comprised of) and it's role within the body
3. What happens when ATP is broken down?
4. How many seconds of energy does the initial breakdown of ATP provide?
5. The ATP-PC system is one of the three energy systems used in the body to resynthesise ATP. Identify three sporting examples that would predominantly use the ATP-PC system and justify why this would be the predominant energy system used.

PAPER 2
Psychological Factors Affecting Performance

Skill Acquisition Tasks

There are 6 criteria you need to be able to use to classify skills:

1. **Define** each continuum (highlighted below)

- **Muscular movement**; (Gross – Fine)
- **Environmental Involvement**; (Open – Closed)
- **Continuity**; (Discrete - Serial – Continuous)
- **Pacing**; (Self-Paced - Externally-Paced)
- **Difficulty**; (Simple – Complex)
- **Organisation**; (Low – High)

2. **Choose a skill in your sport** (eg. free throw in basketball) and classify it on the 6 continua.

3. Outline all the different types/methods of **practice** that can be used in skill learning and then focus on which types would be most suitable to deliver your chosen skill and why.

4. Outline the 4 methods of **guidance** that exist and again justify which methods would be most suitable when teaching/learning your chosen skill and why.

5. Finally consider the different types of feedback that can be used by a teacher/coach during skill learning. Which types do you think would be most successful when teaching your chosen skill to a novice? Justify your choices.

PAPER 3
Socio-cultural issues in physical activity and sport

Contemporary Issues Tasks

Modern Technology in Sport

Please complete the following activities and questions. Use resources to help aid you with your answers. Please provide detailed examples/answers. Showcase your knowledge and understanding:

A LEVEL REFORM

A Level Physical Education
Topic Exploration Pack

Suggested activities

Activity 1: Development of equipment and facilities and their effect on participation in sport

1. Based on this image, identify two technological developments to sports facilities and explain how they could increase participation in sport.