

## Anglo European Sixth Form

### Summer Transition Work

**Subject: Physical Education**

**Exam Board: OCR**

**Qualification: A Level**

#### **Compulsory tasks:**

*These tasks must be completed by students before their first lesson in September.*

*These tasks will be reviewed by the class teacher.*

#### **Anatomy and Physiology**

Students need to find a suitable diagram of the skeleton and the muscular system. All the major bones should be labelled and the following muscles: (find their location and add them if they do not appear on your diagram):

1. wrist flexors and extensors
2. pronator teres and supinator muscle
3. biceps brachii and triceps brachii
4. deltoid, latissimus dorsi, pectoralis major, trapezius
5. teres major and teres minor; supraspinatus, subscapularis, infraspinatus
6. rectus abdominus, external and internal oblique and the erector spinal group
7. iliopsoas, gluteus maximus, medius and minimus, adductor longus, brevis and magnus
8. biceps femoris, semi-membranosus, semi-tendinosus (hamstring group),
9. rectus femoris, vastus lateralis, vastus intermedius and vastus medialis (quadriceps group)
10. tibialis anterior, soleus and gastrocnemius

#### **Biomechanics**

Research the following:

- Newtons 3 laws of motion. Then apply them to sporting movements

#### **Skill Acquisition**

Use the internet to help complete the following: For each of the below **Classification of Skills**, define what they mean at each end of the continuums and give a practical example:

- ▶ 1. THE MUSCULAR INVOLVEMENT (**GROSS – FINE**)
- ▶ 2. THE ENVIRONMENTAL INFLUENCE (**OPEN – CLOSED**)
- ▶ 3. THE CONTINUITY (**DISCRETE – SERIAL –CONTINUOUS**)
- ▶ 4. THE PACING (**EXTERNALLY PACED – SELF PACED**)
- ▶ 5. THE DIFFICULTY (**SIMPLE – COMPLEX**)
- ▶ 6. THE ORGANISATION (**LOW – HIGH**)

#### **Socio-Cultural Issues in Sport**

Using the internet for research. Explain how the Olympics were used as a political tool. In particular look at the following examples:

- o Berlin 1936, Third Reich Ideology
- o Mexico City 1968 'Black Power' demonstration
- o Munich 1972 Palestinian terrorism
- o Moscow 1980 boycott lead by USA
- o Los Angeles 1984 boycott by Soviet Union.

For each example:

- Explain the background to the incidents
- What were the political issues at this time?
- What effect did this have on the games?
- How was this reported by the media?
- Did the demonstrations/incidents achieve their aims?
- What has history taught us about politics and sport?

### **Advisory tasks:**

*These tasks will support you to excel in the course. They may not be explicitly reviewed by your teachers, but they will allow students to demonstrate a genuine passion for going "above and beyond" in this subject*

### **Anatomy and Physiology**

Complete a joint analysis of the following joints: ankle, knee, hip, wrist, elbow, shoulder.

For each joint, you should provide the following information:

- Joint type
- Bones articulating either side of the joint
- Movement pattern it can create e.g. flexion, abduction etc.
- Muscles controlling the movement at the joint (agonist and antagonist)

### **Biomechanics**

- Use of force plates in movement analysis
- What is Limb Kinematics?

### **Skill Acquisition**

Research Methods of Teaching Skills (outlined below) and provide a practical example of how these methods could be implemented into a training programme.

1. Whole Practice
2. Part Practice
3. Progressive Part
4. Whole-part-whole

### **Socio-Cultural Issues in Sport**

Reading:

<http://www.theguardian.com/politics/politicspast/page/0,9067,892902,00.html>