

# A Level Physical Education Starter Pack



# A Level PE VIRTUAL CLASSROOM

## THE EVERLEARNER

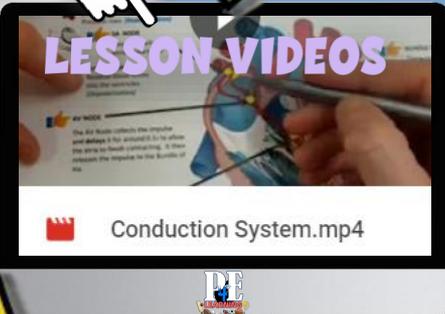
## QUIZLET

Login to Quizlet and complete the class sets to improve your key term recall

Watch a lesson video created by your teachers to further improve your understanding

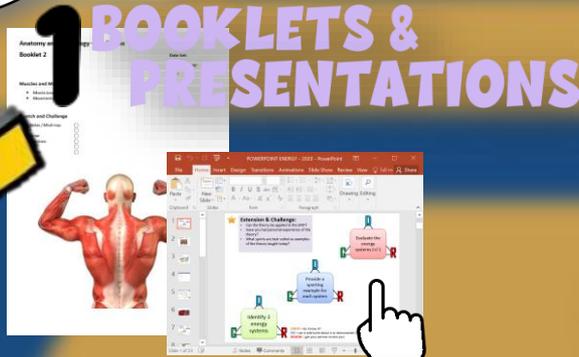
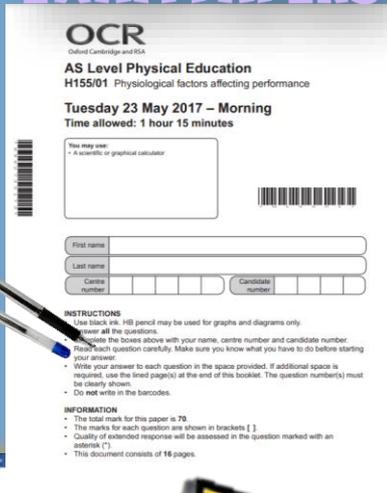
Login to The Everlearner and study, practice or test your knowledge and understanding

Complete a past paper question and check if there is an accompanying video tutorial



CLICK THE IMAGES

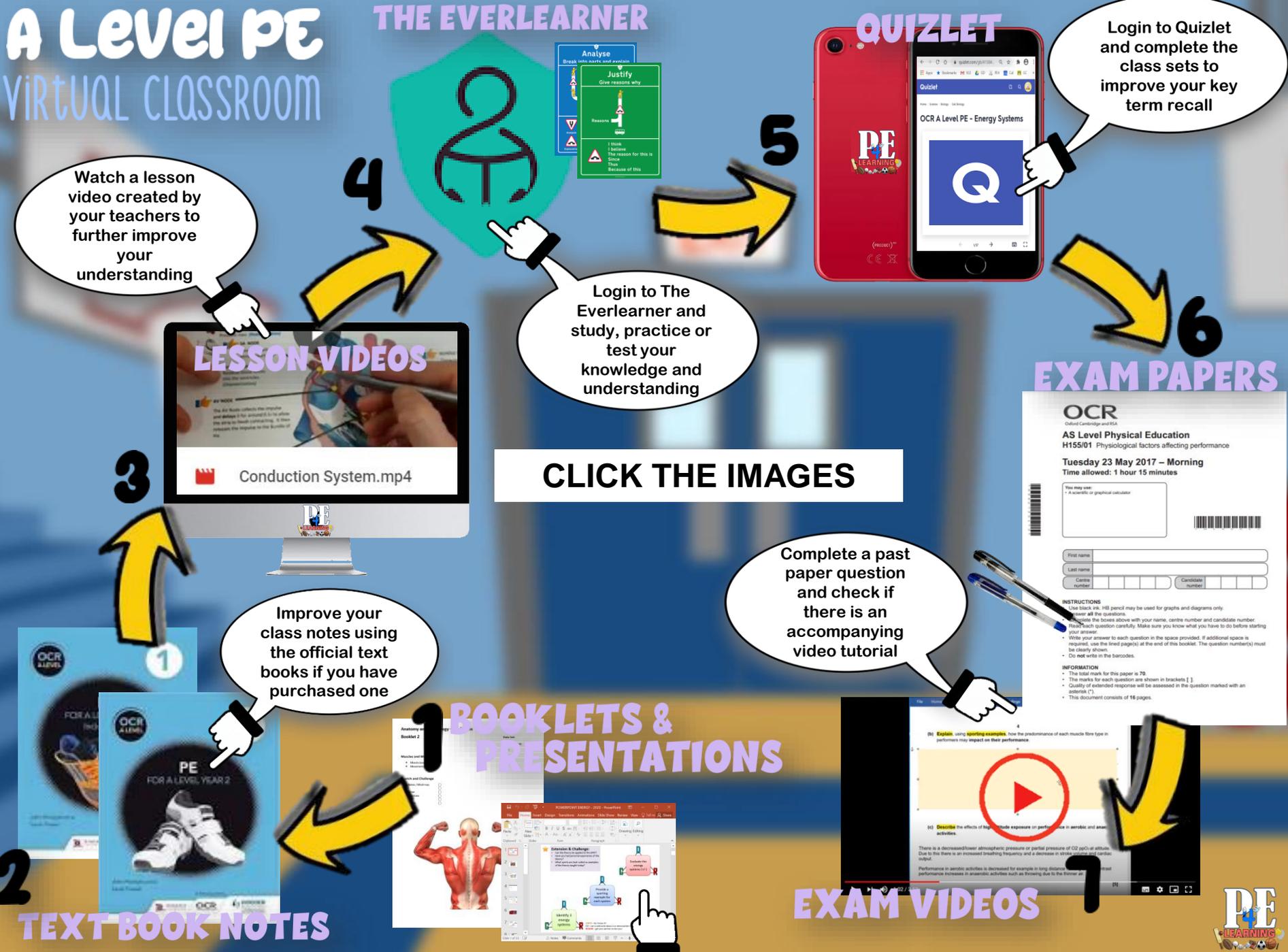
## EXAM PAPERS



## TEXT BOOK NOTES

## EXAM VIDEOS

## BOOKLETS & PRESENTATIONS



**NETFLIX**

If you have **Netflix** then there are some excellent sport documentaries to get you ahead of the game for September!

## Sport Course Movies and Videos



### FSN Sports Science

Robert Eddon • 60 videos • 24,204 views • Last updated on 2 Ap

▶ Play all ◀ Share + Save

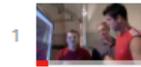
**You**Tube

Search "**FSN Sports Science**" on YouTube for a playlist showcasing some of the best Anatomy and Physiology videos



The Psychology of a Winner 2018 DOCUMENTARY on peak performance and sports psychology

Search – "The Psychology of a Winner 2018 Documentary" on peak performance and sports psychology



[FSN Sport Science - Ep9 - Tricks of the Trade - Jason Kapono](#)

by sportsfan50



[FSN Sport Science](#)

by sportsfan50

**Quizlet**

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PE4Learning

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31 sets 4 members St Thomas More RC Academy - North Shields

Premium Content

**OCR A Level PE**

OCR A Level PE- Mr T

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Sets Members

Sets (26)

244 (39)

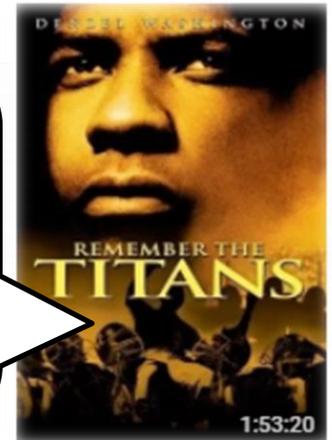
Join the STM A Level PE Quizlet Group – enter this into your browser:  
<https://quizlet.com/join/aTst2qzPH>



Sport psychology - inside the mind of champion athlete: Martin Hagger at TEDxPerth

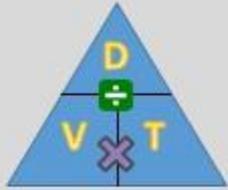
Search "Sport psychology - inside the mind of champion athletes: Martin Hagger at TEDxPerth"

Watch "**Remember the Titans**" "**Coach Carter**" "**Any Given Sunday**" "**Concussion**" "**The Blind Side**" "**Friday Night Lights**" "**Million Dollar Baby**" "**Invictus**" to help put some of the topics covered in PE into context



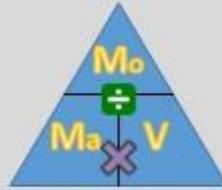
**VELOCITY**  
 "The rate of change in displacement"

Velocity = Displacement / Time Taken  
 m/s                      m                      s



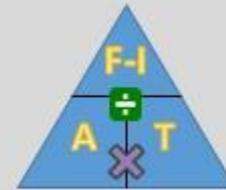
**MOMENTUM**  
 "The quantity of motion possessed by a moving body"

Momentum = Mass x Velocity  
 kgm/s                      kg                      m/s



**ACCELERATION**  
 "the rate of change in velocity"

Acceleration = (final velocity - initial velocity) / time taken  
 m/s/s                      m/s                      s



**Usain Bolt**      **100mPB=9.58s**      **Displacement=100m**      **Mass=94kg**      **20m Split Time=2.88**  
**FNAU**           **TASK** - Using only this data produce a scientific report using the 4 concept triangles to create a picture of his performance.

**Newton's Laws of Motion**



"A body continues in a state of rest or uniform velocity unless acted upon by an external or unbalanced force"



"A body's rate of change in momentum is proportional to the size and direction of the force applied and acts in the same direction as the force applied"

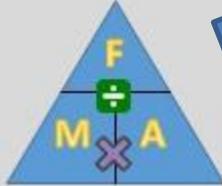


"For every action force applied there is an equal and opposite reaction force"

**Task** - apply these laws to a rugby player taking a conversion kick

**FORCE**  
 "A push or a pull that alters the state of motion of a body"

Force = Mass x Acceleration  
 N                      kg                      m/s/s

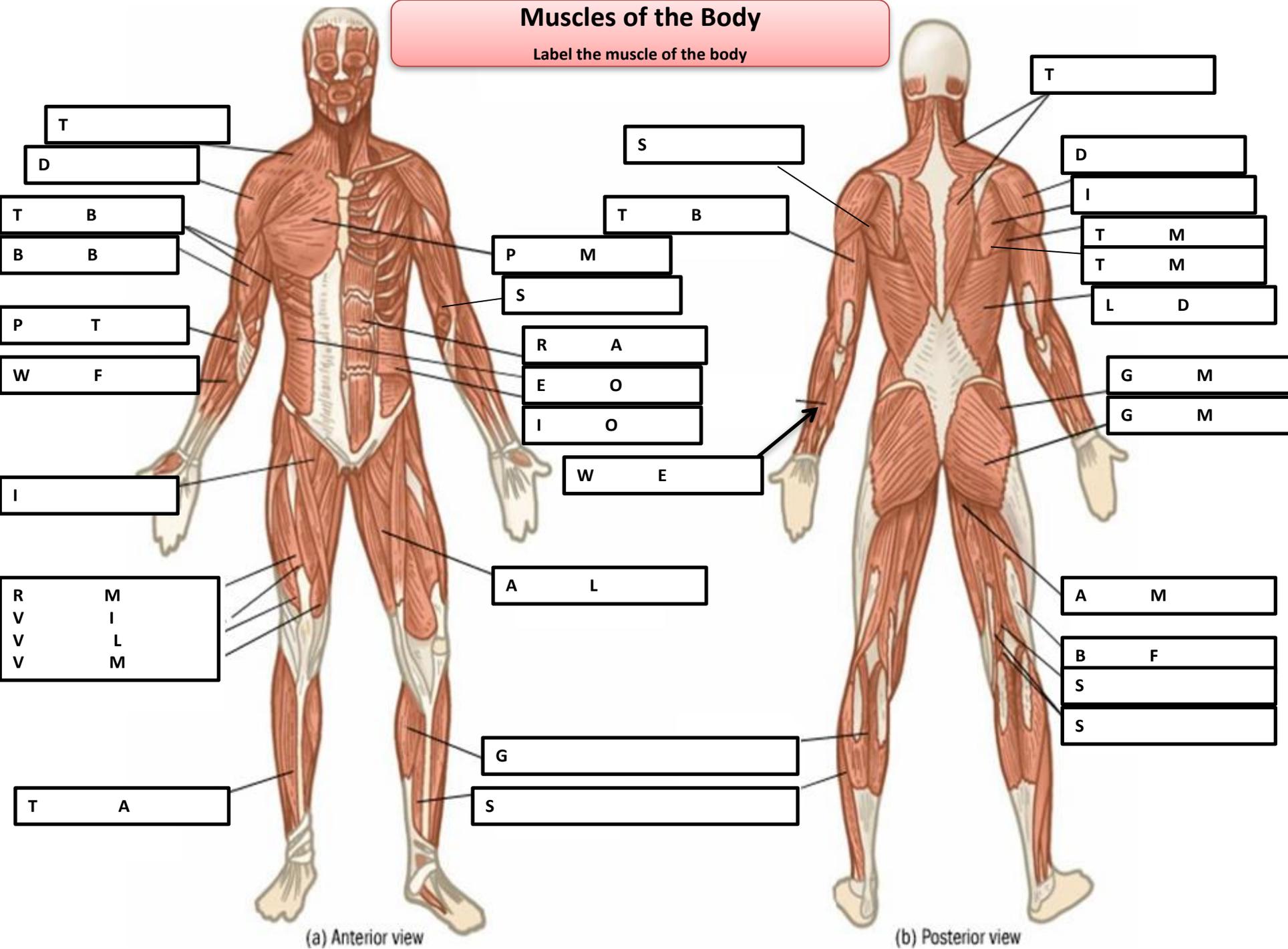


	Mass	10 m split times	100 m
Dwain Chambers	91 kg	1.87 s	9.97 s
Maurice Greene	75 kg	1.86 s	9.80 s
Jason Gardener	94 kg	1.89 s	9.98 s

**Task** - Find the velocity, momentum and acceleration for all athletes above and the force applied to the blocks to achieve the 10m split times and full 100m race.

# Muscles of the Body

Label the muscle of the body



(a) Anterior view

(b) Posterior view

# Find the Answers

Label the muscle of the body

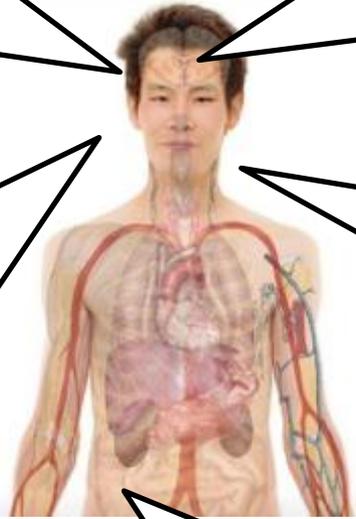
Why do people faint?

What is Usain Bolt's top speed, acceleration and momentum over 100m?

How does the heart actually beat?

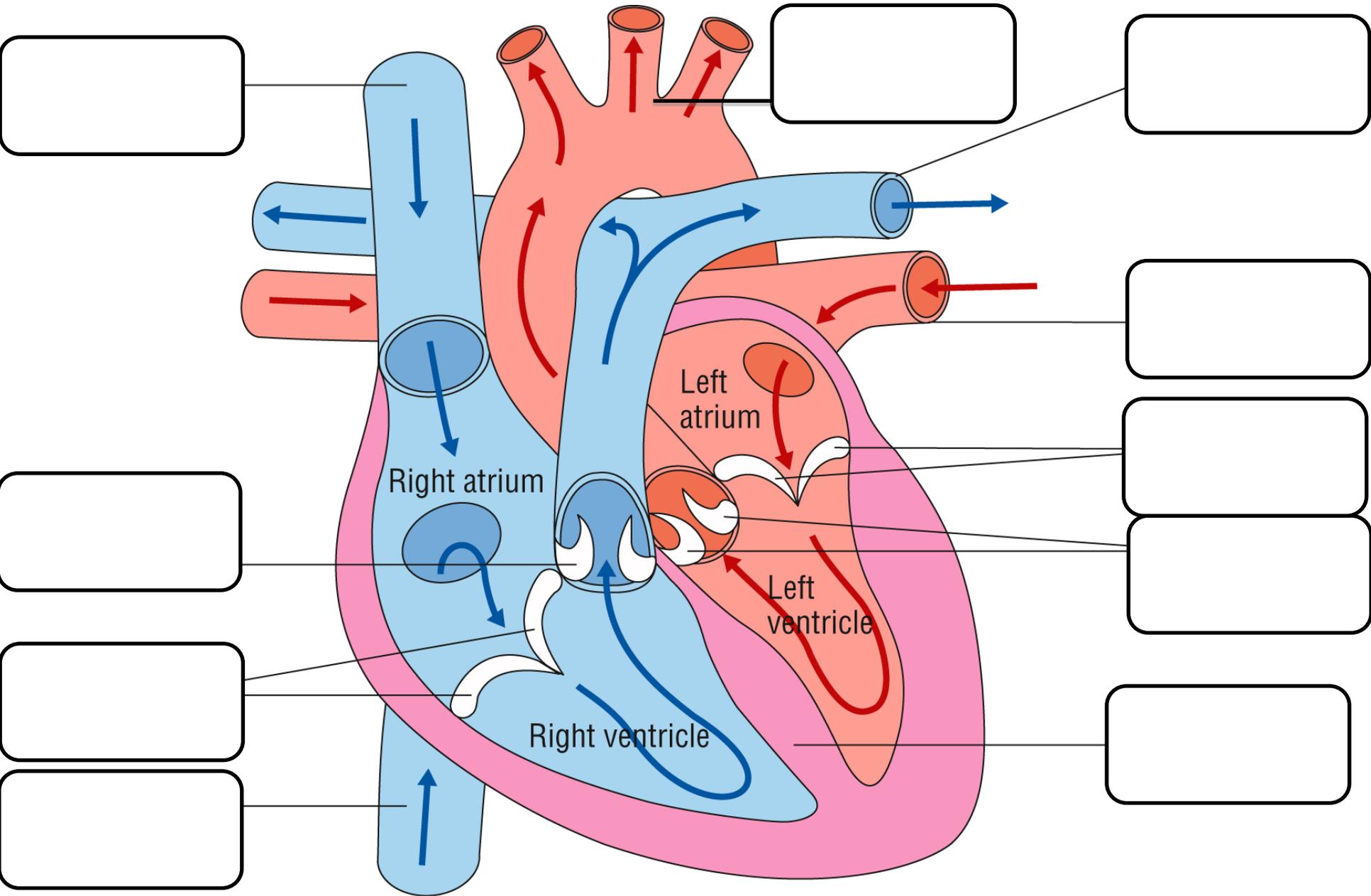
How do we actually breathe?

Research the latest drug scandal in sport – what did they use or do?



# Heart and Its Structure

Label the structure of the heart



## Skill Acquisition

Research the following skill classifications.

Provide an explanation of each end of the continuum and an example of a suitable sporting skill.

### – Muscular involvement

Gross: involves large muscles groups



### (Gross - Fine)

Fine: involves small muscle groups and intricate movements



### – Environmental influence

### – Continuity

### – Pacing

### – Difficulty

### – Organisation

### (Open - Closed)

### (Discrete - Serial - Continuous)

### (Externally paced - Self paced)

### (Simple - Complex)

### (Low - High)

Produce a POSTER for this task and provide relevant pictures to demonstrate your understanding of each skill classification



## Video Footage

Prepare for your practical exam

# ESSENTIAL



**Obtain video footage of your main sport which will be **assessed** as part of your A-Level grade and is worth 15% of your final A Level mark.**

### **Student Checklist:**

- Record the footage on a good quality **phone camera** or **video camera** and ensure the footage is easily accessible to **download** it onto a computer or memory stick
- Wear a **bib** or **easily identifiable uniform** to keep track of your movement amongst other team mates
- The **game/competition** footage needs to be at least **15-20** minutes focusing only on **you** in a **real game/competition setting** – follow your every move and don't zoom in to close!!!
- Re-watch your footage and note down the time on the video of which you do a certain skill or movement. E.g. 10min5s Shot on goal, 15m4s block tackle etc.

*It is essential that you obtain some game/competition/event footage of your sport over the summer to allow us as staff to get an idea of your provisional grade for A Level practical.*