

A Level Induction - Year 12 Summer Tasks

These tasks must be completed and handed/mailed to Miss Steadman before you can start your AS PE Course in September.

Please research the topics on the internet to help you answer the questions. There are many internet sites to assist you.

Sport and Society Task

1. Choose a sport. What is the National Governing Body for your chosen sport?
2. What types of media coverage does your sport have?
3. Explain and give examples of how **technological advances** have improved your sport recently? i.e. Hawk Eye, types of equipment/clothing.

Anatomy & Physiology Task

1. Choose a part of a skill/movement in a sport (Preparation of a Tennis serve for example) & label the performer's joints, with the type of movement at the joint & the agonist muscle for that movement. E.g. flexion of the elbow joint = biceps brachii muscle.
2. **You should insert a picture & label the joints, types of movement & muscles on the picture.**

Skill Acquisition Task

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

Choose a skill in your sport and classify it on the following 6 continuums.

(Use **the text book & internet** to help)

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

Please hand the tasks to Miss Steadman at the start of your first lesson or email to sastead@monkswalk.herts.sch.uk

Practical Evidence

Please put together a PowerPoint presentation of you performing in your sport. I'll leave it up to you how you'd like that to look, but please make sure that it's obviously you as the performer.

Please bring this to me on a USB pen at the start of your **first** lesson in September as I'll start to add this to your profile.

Many issues please email or come and find me.

Thanks
Miss Steadman