

Year 11 into 12 Summer Transition Task

Subject	Physical Education
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Qualification/Level: A Level

Examination Board: OCR

The following tasks are to be completed over the summer break and handed in to the sixth form leaders on your first day of sixth form. Please clearly label work with your name and subject. If you have one, please place work in a clear plastic wallet.

The following task follows on from the first two research-based tasks completed. The aim is that you can produce a development programme based on the strengths, weaknesses and additional factors you have researched based on a specific performer/player engagement in a competitive situation.

Task

You should have already selected a specific player/performer from your chosen sport, and you have observed them perform in a number of competitive situations to enable you to build an understanding of skills, techniques, tactics, strategies and physical attributes required for successful performance. On top of this you have reviewed the physiological and psychological factors that will impact performance, alongside the socio-cultural influences that may affect performance.

Your task now requires you to apply your understanding of the research you have gathered.

Select one area of improvement for your performer. This could be skill based, tactic based or fitness based.

For your selected area to improve, produce a clear programme/action plan that your performer could follow that would allow them to improve. Give a clear timescale and include appropriate exercises or practices (perhaps consider the use of diagrams and pictures to support).

It is important we consider the principles of training, specifically the FITT principle, so how often should they be training, at what intensity, for how long, and what types of exercise should they be doing?

Think about how you would measure success and justify your programme design – why do you believe this to be an effective programme specifically for your chosen individual?

What would you expect the barriers to be for your individual to follow this programme and how could you combat these?

How the work produced will fit into subsequent work and the specification as a whole

This task gives you an insight to the specific, coursework-based task of evaluating and analysing performance. Each component that you have researched and completed is part of the actual completion of the EAPI, so this will give you a positive base of understanding to draw from when it comes to completing this work for real. The only difference is that this needs to be delivered orally rather than written!

How the work should be presented

Work should always be produced using electronic methods and students should always make every endeavour to ensure that all work is presented to the highest of quality. Literacy will also be assessed so students should ensure work is spell checked and grammar checked prior to handing in.

How the work will be assessed and marked

This work will be assessed by MST and THU combined.

Resources to be used

World Health Organisation

Websites: such as – www.brianmac.co.uk or www.teachpe.com

Keep up-to-date with current issues and events related to sport, therefore, watch the news, read the papers etc.

Who to contact if you should require further assistance with the work before the end of the term

Mr Matthew Sturgess – msturgess@manor.school

Miss Toni Hustwait – thustwait@manor.school

What equipment will be needed for the subject?

For September you must bring with you an A4 file/folder with a set of subject dividers and paper inside (or notebook), and a pen! – this is essential for the first lesson

If you have any questions, please email pe@manor.school