

Below are 15 challenges that will help you prepare for the A level PE course. You MUST COMPLETE 5 but we would encourage you to complete as many as you can!

Challenge 1 - How many sports can you watch and learn?

One of the big challenges in the A level PE course is understanding as many sports as possible. Unlike GCSE, you don't get to pick what practical example you use, there is often a named sport in the question and you are expected to apply the content to that sport - something that is very difficult if you know nothing about it! Possible options include: Gymnastics, Rugby, Figure skating, Cricket, Track cycling, Skeleton bob, Triathlon, Open water swimming, Athletics, Diving - to name a few that I have seen come up on papers!

Challenge 2 - One section of the A level course is Physiology and the Year 12 content has a lot of assumed knowledge (you are just expected to know it/remember it from GCSE) about anatomy. So you need to know ALL of the key terms for the cardiovascular system, respiratory system, muscular/neuromuscular system and skeletal system. Use your GCSE notes & research to create flash cards/a glossary.

Challenge 3 - One section of the A level course that you won't have studied before is History - which is the study of how (and why) sport has evolved overtime!

Watch some of the below clips to familiarize yourself with some sports that existed in pre-industrial Britain (but are still performed today!) :

<https://www.youtube.com/watch?v=0-ai0GGeRjs>

<https://www.youtube.com/watch?v=pqtd7LOoRVM>

<https://www.youtube.com/watch?v=T5gWLtHYn9w>

Consider why these sports existed and why.

Challenge 4 - Another part of the A level PE course that we only do a little bit of at GCSE is sports psychology. If this is something that you are interested in, then watch this TED talk to get you thinking:

https://www.youtube.com/watch?v=yG7v4y_xwzQ

Challenge 5 - Synoptic links - Although the A level course is taught in sections - broadly Physiology, Psychology and Sociology - you have to make links between the sections in 2 longer answer questions in each paper and this is what A level students struggle with the most. Using your knowledge of the GCSE PE course, try to link the following:

- 1) Types of training and types of guidance
- 2) Physiological benefits of a warm up and Mental preparation techniques
- 3) Can you think of any links between any other areas of the course?

Challenge 6 - A big part of the assessment for A level is longer answer questions. Below shows you an example of a perfect answer for a 15 mark question. Look at how the answer is structured and try and answer the following questions:

- 1) Can you see the structure in each paragraph?
- 2) What do you think must be in the conclusion?
- 3) What content do you recognise and what looks new?

https://docs.google.com/document/d/11MYWXR8pj_rMJr7VPimM46bVKgPRkdMDb9y2yf9ckww/edit?usp=sharing

Challenge 7 - Learn some new content! Take a look at the below video and try to answer the following questions about the cardiac conduction system: <https://www.youtube.com/watch?v=RYZ4daFwMa8>

- 1) What is the natural pacemaker in the heart?

- 2) What are the three main stages of the conduction system?
- 3) Why is the AV node so important?

Challenge 8 - Learn some new content! Watch the below video and answer the following questions about theories of arousal: https://www.youtube.com/watch?v=mkllc7U_KZ8

- 1) What are the 4 main theories of arousal in sport?
- 2) Which arousal theory do you most agree with and why?
- 3) Have you experienced under or over arousal in sport?

Challenge 9 - Learn some new content! Watch the below video and answer the following questions about amateurs and professionals: https://www.youtube.com/watch?v=QULxRVly_nc

- 1) What is the difference between amateurs and professionals?
- 2) Why did sport start as only amateurs?
- 3) How did we get professional sport?

Challenge 10 - Learn some new content! Watch the below video and answer the following questions on muscle fibre types: <https://www.youtube.com/watch?v=psmOMBYTj5w>

- 1) What are the 3 muscle fibre types?
- 2) Why do we have different muscle fibre types?
- 3) How do the different characteristics of each muscle fibre type help their function?

Challenge 11 - Learn some new content! We learnt 2 skill continua in GCSE but there are a few more - watch the below video and answer the following questions on skill continua:

<https://www.youtube.com/watch?v=DT38s31gOvM>

- 1) What are the names of the 6 continua?
- 2) What sporting skills are good examples of each continua extreme?
- 3) What sporting skills sit in the middle and why?

Challenge 12 - Learn some new content! It is very difficult to find just one video to summarise the evolution of women's football but the below is a good start (get searching on the internet to find out more if you are interested). Watch the below video and answer the following questions:

<https://www.youtube.com/watch?v=07Q88JWXlw>

- 1) Why was women's football banned by the FA in the 1920s?
- 2) What barriers existed in the past that prevented women from playing football?
- 3) Why is women's football growing?

Challenge 13 - Learn some new content! Watch the below video and answer the three questions on muscle innervation:

https://www.youtube.com/watch?time_continue=270&v=wBbXSjEUC6k&feature=emb_logo

- 1) What is a motor unit?
- 2) What is the synaptic cleft?
- 3) What is the all or none law?

Challenge 14 - Learn some new content! Watch the below video and answer the three questions on information processing:

- 1) What are the names of the two main information processing models?
- 2) Why were these models created?
- 3) Which model do you think is best and why?

Challenge 15 - Learn some new content! Watch the below video and answer the three questions about racism in sport: <https://www.youtube.com/watch?v=f-KGvUAKyD4>

- 1) Why do you think racism is still prevalent in sport?
- 2) Do you think there is more racism in more sports than others?
- 3) What do you think sport could do to 'deal' with racism that sports people face?