

A-Level Physical Education: Year 12 Induction Task

1) Current Events – keeping up to date

Look at a selection of events that have taken place in the sporting world over this year e.g. Wimbledon, 6 Nations Rugby, The Euro's, The Olympics etc.

Choose two different sporting events and research the following;

- Research a brief history of this event and explain how it has become what it is today?
- Identify and explain 3 examples of how technology has impacted the sport?
- Explain what the athlete might do to prepare for this event (think nutrition, training methodology and mental state)?

2) Analysis of Performance - actual project work

Choose 1 sporting activity that you would consider for your A level practical assessment. Analyse (break down your technique) your performance in **one** core skill e.g passing or shooting for each activity you have chosen using the following assessment criteria:

- 1) Hand/feet placements
- 2) Early preparation
- 3) Skill action
- 4) Follow through/recovery
- 5) Result/effectiveness

Use the headings above to explain in as much detail as possible how you perform that core skill and evaluate the strengths and weaknesses of your performance.

Please either write or type your responses and take them with you to Miss Prifti's A-level PE lesson in September.

Deadline: W/B **Monday 12th September.**