

Preparation for Year 12 in A Level PE

To give you an introduction to next year's studies we have a few tasks for you to work on.

TASK 1

As part of your PE practical assessment you will have to complete a written assessment, this is known as your Assessment and Evaluation and is worth 15% of your overall grade.

- You will need to pick out 2 weaknesses in your practical performance; one needs to be a defensive weakness and one needs to be a tactical weakness. Give an explanation of each one and relate it to your performance in your sport. If your sport has 2 events instead it is race/ event/ performance 2 and tactical/ compositional weakness.
- You need to justify why it is a weakness and compare it to a perfect model using technical language about muscles, movements, levers, planes and axis.
- Use pictures to help show the perfect model of your weakness skill.

The assessment is similar to your analysis coursework at GCSE; but requires a lot more depth and knowledge, you also only write about 2 weaknesses there is no credit for strengths.

To enable you to prepare effectively you need to complete the following task prior to the course in September.

TASK 2

Start to look at the evidence you will be required to have for your practical assessment – This is all preparation and does not need to be handed in when you return in Sept 2020.

Please use the link below which will take you to the PE practical specification booklet. Details and specifications of all practical activities can be found there, as well guidance on DVD evidence. If the link below doesn't work then please google 'AQA A level PE specification 2016'. <http://www.aqa.org.uk/subjects/physical-education/as-and-a-level>

You will be required to produce DVD evidence of your chosen practical activity. This evidence must be submitted to your teacher to view and feedback towards the start of YR13.

Text books – to support next year.

My Revision Notes: AQA A-level PE (Aqa a Level My Revision Notes) Paperback – 24 Nov 2017 by Sue Young (Author), Symond Burrows (Author), Michaela Byrne (Author)

TASK 3

PLEASE ALSO HAVE A LOOK AT SOME OF THE WIDER ENGAGEMENT IN PE ACTIVITIES – also attached

We would like you to complete some detailed feedback on **one** of each of the **documentaries, podcasts and articles/books** on the attached sheet. We will discuss these in the first week in September. Feel free to watch as many as you like.

We look forward to seeing you all soon.