**A-Level Physical Education Gap Tasks**

**Part 1**

Complete the exam questions based on the **three** areas of A-Level PE: **Physiology** (Applied anatomy and physiology, Exercise physiology and Biomechanical movement), **Sports Psychology** (Skill acquisition and Sport psychology), **Sport and society** (Sport and society and the role of technology in physical activity and sport). These question build on your prior knowledge you have gained from GCSE PE, however further research will be required to respond to an A-Level standard.

These questions will go towards you baseline assessment in September, they need to be returned in your first timetabled A-Level PE lesson.

Each section is marked out of 7 marks, total marks 21.

**Part 2 – Wider Reading**

Once you have completed the exam questions you need to read through the 3 separate readings that are attached.

Reading 1 – Analysis of Performance

Reading 2 – Anxiety in sport

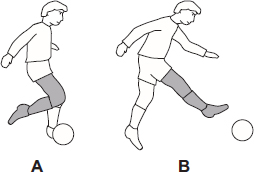
Reading 3 – Technology in sport

Whilst reading though use a highlighter pen to highlight key terms any information that helps with your understanding. This is an important skill for you to develop through Yr12 and Yr13 After each reading we would like you to summarise the reading into a paragraph. In that paragraph please make reference to key terminology, examples to help with understanding and any key take away points you wish to include.

In addition to the readings we would like you to look through the wider reading record we have. This includes books, articles, films, podcasts, tv programmes and many more – there is a huge range to chose from. We would like you to chose one to read, watch or listen to and again summarise it – but this time in a different way than a paragraph. Think mind map, spider diagram, flow chart etc – make it as interesting as you can so that you can remember key points.

**Q1.**In some games, players kick a ball to keep possession and / or to gain territory.

The figure below shows a footballer kicking a ball.



(i)      What are the names of the ‘articulating bones’ of the knee joint?

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**(2)**

(ii)      In the figure above, what ‘joint action’ takes place at the knee of the kicking leg in the movement from position **A** to position **B**?

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**(1)**

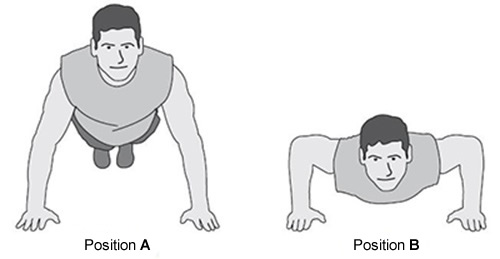
(iii)      What is the name of the main ‘agonist’ that causes this action in the figure above?

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**(1)**

**(Total 4 marks)**

**Q2.**The diagram shows a performer completing a press up.



Using the diagram above, complete the table to identify the joint action, the main agonist and type of isotonic contraction at the **elbow** from position **A** to position **B**.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Elbow movement from position A to position B** | | |
|  | **Joint action** | **Main agonist** | **Type of isotonic contraction** |
|  |  |  |  |

**(Total 3 marks)**

**Q3.** Zajonc developed a model to show the effect of the presence of others on performance.

Explain the possible impact of an audience on a performer in the cognitive stage of learning.

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**(Total 3 marks)**

**Q4.** All players within a team are likely to experience ‘anxiety’ at some point during their performance.

Identify and explain the different types of anxiety that may affect a performer.

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**(Total 4 marks)**

**Q5.**State how the technological development of facilities and equipment can help to optimise elite performance.

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**(Total 4 marks)**

**Q6.**Outline the role and purpose of a national governing body in modern day sport.

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**(Total 3 marks)**

**Reading One – Movement Analysis**







**Reading Two – Anxiety**



**Reading Three – Technology in Sport**





**Books / Magazines**

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| **Title** | **Themes:** | **Recommended by:** |
| A Life Too Short: The Tragedy of Robert Enke - Ronald Reng | Football / All areas of PE & sport science |  |
| Among the Thugs - Bill Buford | Football / Football hooliganism |  |
| Berlin 1936 – Oliver Hilmes | Olympics / Socio-cultural/historical |  |
| Black Box Thinking: The Surprising Truth About Success | Related to sports psychology & society | Miss Chillingworth |
| Born to Run - Christopher McDougall | Running / All areas of PE & sport science |  |
| Bounce – Matthew Syed | All areas of PE & sport science | PE Department |
| Can We Have Our Balls Back, Please? – Julian Norridge | Various Sports / History of British sport | Mr Pratt |
| Confessions of a Rugby Mercenary - John Daniell | Rugby / Psychology of sport |  |
| Fear and Loathing in La Liga – Sid Lowe | Football / Socio-cultural-historical | Mr Pratt |
| Fever Pitch – Nick Hornby | Football / Socio-cultural |  |
| Football Against the Enemy - Simon Kuper | Football / Socio-cultural-historical |  |
| Friday Night Lights – H.G. Bissinger | American Football / Socio-cultural |  |
| How to Win – The Secret Footballer & the Secret Psychologist | Football / Sports psychology | Mr Watson |
| I Am Zlatan - Zlatan Ibrahimovic with David Lagercrantz | Football / Various areas of PE & sport science |  |
| I Think Therefore I Play - Andrea Pirlo with Alessandro Alciato | Football / All areas of PE & sport science |  |
| Inverting the Pyramid - Jonathan Wilson | Football / Tactics / Historical | Mr Pratt |
| Journeyman – Ben Smith | Football / Lower league footballer / Socio-cultural |  |
| King of the World – David Remnick | Boxing / Ali / Socio-cultural-historical | Mr Pratt |
| Legacy – James Kerr | Rugby / All Blacks / Psychology / Culture | Mr O’Brien |
| Little Girls in Pretty Boxes – Joan Ryan | Gymnastics / Various areas of PE & sport science |  |
| Living on the Volcano – Michael Calvin | Football / Sports psychology |  |
| Mindset – Carol Dweck | Sports psychology |  |
| Moneyball – Michael Lewis | Baseball / Talent ID / Socio-cultural | Mr Pratt |
| No Hunger in Paradise – Michael Calvin | Football / Youth Academies / All areas of PE | Mr Pratt |
| Open – Andre Agassi | Tennis / All areas of PE & sport science |  |
| Outliers – Malcolm Gladwell | All areas of PE & sport science |  |
| Outside the Box – Duncan Alexander | Football / Stats |  |
| PE Review (Hodder Education) | Various topics | PE Department |
| Peak Performance – Brad Stulberg | All areas of PE & sport science |  |
| Richer Than God - David Conn | Football / Socio-cultural |  |
| Sacred Hoops - Phil Jackson | Basketball / Sports psychology |  |
| Seabiscuit - Laura Hillenbrand | Horse Racing (USA) |  |
| Soccernomics – Simon Kuper | Football / Socio-cultural-historical |  |
| The Art of Captaincy – Mike Brearley | Cricket / Sports psychology | Mr Watson |
| The Artist: Being Iniesta – Andres Iniesta | Football / Various areas of PE & sport science |  |
| The Blind Side – Michael Lewis | American Football / Sport science |  |
| The Chimp Paradox – Steve Peters | Sports psychology |  |
| The Fight - Norman Mailer | Boxing / Ali / All areas of PE & sport science |  |
| The Mixer – Michael Cox | Football / All areas of PE & sport science | Mr Pratt |
| The Nowhere Men - Mike Calvin | Football / Talent ID (Scouting) | Mr Pratt |
| The Rise of Super Man – Steven Kotler | Extreme Sports / Various areas of sport science |  |
| The Secret Race – Tyler Hamilton / Daniel Coyle | Cycling / PED’s / All areas of PE & sport science | Mr Pratt |
| The Sports Book (DK) | Various sports / History, rules of sport |  |
| The Sports Gene – David Epstein | All areas of PE & sport science |  |
| The Talent Code – Daniel Coyle | All areas of PE & sport science |  |
| The Talent Lab – Simon Timson & Chelsea Warr | Talent ID / UK Sport |  |
| Tools of Titans – Tim Ferris | Various areas of PE & sport science |  |
| Touching the Void – Joe Simpson | Various areas of PE & sport science |  |
| Unforgivable Blackness - Geoffrey Ward | Boxing / Socio-cultural-historical |  |
| Winning! – Clive Woodward | Rugby / Sports psychology |  |
| My Fight/Your Fight – Ronda Rousey | UFC / Various areas of PE & sport science |  |
| Throw Like a Girl: How to Dream Big Believe in Yourself – Jennie Finch & Ann Kilton | All areas of PE & sport science |  |
| Unbelievable – Jess Ennis | Athletics / Various areas of PE & sport science |  |
| Black, White & Gold – Kelly Holmes | Athletics / Various areas of PE & sport science |  |

**Films & Documentaries**

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| **Title** | **Themes:** | **Recommended by:** |
| A League of Their Own | Baseball / Women in Sport / Socio-historical |  |
| All Or Nothing (Documentary – Amazon Prime) | Various / Various areas of PE & sport science |  |
| Any Given Sunday | American Football |  |
| Battle of the Sexes | Tennis / Gender / Women in Sport |  |
| Bend It Like Beckham | Football / Gender / Race / Socio-cultural | Miss Clarke |
| Blue Chips | Basketball / Socio-cultural | Mr Watson |
| Borg vs McEnroe | Tennis / Various areas of PE & sport science |  |
| Chariots of Fire | Athletics / Socio-cultural-historical |  |
| Cheer (Documentary – Netflix) | Cheerleading / Various areas of sport science |  |
| Coach Carter | Basketball / Socio-cultural |  |
| Concussion | Concussion in US Sports / Injuries | Mrs Clarke |
| Cool Runnings | Bobsleigh / Culture / Physiology |  |
| Cricket Fever: Mumbai Indians (Documentary) | Cricket / Various areas of PE & sport science |  |
| Diego Maradona (Documentary) | Football / Various areas of PE & sport science | Mr Pratt |
| Eddie the Eagle | Skiing / Various areas of PE & sport science |  |
| Fever Pitch | Football / Socio-cultural |  |
| First Team: Juventus (Documentary) | Football / Various areas of PE & sport science |  |
| Fittest in Dubai (Documenatry) | CrossFit / Various areas of PE & sport science |  |
| Free Solo (Documentary) | Climbing / Various areas of PE & sport science | Mr Pratt |
| Friday Night Lights | American Football / Socio-cultural |  |
| Gascoigne (Documentary) | Football / Various areas of PE & sport science | Mr Pratt |
| Hoop Dreams (Documentary) | Basketball / Socio-cultural |  |
| How to Make (S1 Ep 1 – The Trainer) | Sport science |  |
| Icarus (Documentary - Netflix) | Drugs in sport | Mr Sprake |
| Invictus | Rugby / Race & politics | Miss Clarke |
| Invincible | American Football |  |
| I, Tonya | Ice Skating / Various areas of PE & Sport Science | Mr Pratt |
| Last Chance U (Documentary – Netflix) | American Football / Various areas of PE |  |
| Living With Lions (Documentary) | Rugby / Various areas of PE & sport & science | Mr O’Brien |
| Losers (Documentary – Netflix) | Various areas of PE & sport & science |  |
| Jerry Maguire | American Football / Sports Agent | Mr Pratt |
| Miracle | Ice Hockey |  |
| Moneyball | Baseball / Talent ID & performance analysis | Mr Pratt |
| Munich | Olympics / Munich 1972 |  |
| Murderball (Documentary) | Wheelchair Rugby |  |
| No Hunger in Paradise (documentary) | Football / Youth Academies / All areas of PE & sport science |  |
| Offside (Documentary) | Football / Socio-cultural |  |
| One Day in September (Documentary) | Olympics / Munich 1972 |  |
| Race | Olympics / Berlin 1936 / Socio-cultural |  |
| Remember the Titans | American Football / Socio-cultural | Miss Carroll |
| Rocky I-V / Creed I-II | Boxing / Various areas of PE & Sport Science | Mr O’Brien |
| Rush | F1 / Various areas of PE & sport science |  |
| Salute (Documentary) | Olympics / Race / Socio-cultural | Mr Pratt |
| Senna (Documentary) | F1 / Various areas of PE & sport science | Mr Pratt |
| Stop at Nothing: The Lance Armstrong Story | Cycling / Various areas of PE & sport science |  |
| Sunderland ‘Til I Die (Documentary – Netflix) | Football / Various areas of PE & sport science |  |
| The Battle of the Sexes (Documentary) | Tennis / Gender / Women in Sport |  |
| The Blind Side | American Football / Socio-cultural | Mrs Clarke |
| The Dawn Wall | Climbing / Various areas of PE & sport science |  |
| The Edge (Documentary) | Cricket / Various areas of PE & sport science |  |
| The Fall – Decker Vs Budd (Documentary) | Athletics / Various areas of PE & sport science |  |
| The Game Changers (Documentary - Netflix) | Diet and nutrition |  |
| The Last Dance (Documentary – Netflix) | Basketball / Various areas of PE & sport science | Mr Pratt |
| The Least Expected Day (Documentary – Netflix) | Cycling / Various areas of PE & sport science |  |
| The Mighty Ducks | Ice Hockey / Various areas of PE |  |
| The Program | Cycling / Lance Armstrong / Drugs in sport |  |
| The Race To Dope (Documentary) | Athletics / Drugs in Sport | A-Level student |
| The Short Game (Documentary) | Golf / Various areas of PE & sport science |  |
| The Wrestler | Wrestling / Various areas of PE & sport science | Mr Pratt |
| Touching the Void (Documentary) | Climbing / Various areas of PE & sport science |  |
| We Are Marshall | American Football / Socio-cultural |  |
| When We Were Kings (Documentary) | Boxing / ‘Rumble in the Jungle’ |  |
| Whip It | Roller Derby / Socio-cultural |  |
| White Men Can’t Jump | Basketball / Socio-cultural |  |

**Podcasts / Radio Shows**

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| **Title** | **Themes:** | **Recommended by:** |
| 99 Percent Invisible #311 | The Barney Design (Kit design) |  |
| 99 Percent Invisible #262 | In the Same Ballpark |  |
| 99 Percent Invisible #234 | The Shift: Redesigning Baseball’s Defence |  |
| 99 Percent Invisible #199 | The Ying and Yang of Basketball |  |
| 99 Percent Invisible #127 | The Sound of Sport | Mr Seal |
| 99 Percent Invisible #77 | Game Changer |  |
| At Home… (with Colin Murray) - BBC 5 Live | Various areas of PE & sport science |  |
| Bunce’s Tales of Extraordinary - BBC 5 Live | Various areas of PE & sport science |  |
| Cricket Writers on TV | Cricket / Various areas of PE & sport science |  |
| Distraction Pieces Podcast #34 (Dan Hardy) | UFC / Various areas of PE & sport science |  |
| Distraction Pieces Podcast #68 (Chris Jericho) | Wrestling / Various areas of PE & sport science |  |
| Distraction Pieces Podcast #131 (Rob Parker) | Rugby League / Drugs in sport / socio-cultural | Mr Pratt |
| Distraction Pieces Podcast #150 (Andrew Beef Johnson) | Golf / Various areas of PE & sport science |  |
| Distraction Pieces Podcast #171 (Helen Chamberlain) | Sport & media |  |
| Egg Chasers | Rugby |  |
| Fight Disciples | Boxing |  |
| Fighting Talk BBC 5 Live | Current issues in sport |  |
| Flintoff, Savage and the Ping Pong Guy BBC 5 Live | Various areas of PE & sport science | Mr Watson |
| Football Weekly | Football / Various areas of PE & sport science | Mr Sprake |
| Full Contact | Rugby / Various areas of PE & sport science |  |
| Game of Our Lives Podcast | Football - politics, culture & economics | Mr Pratt |
| Hawksbee and Jacobs Daily | Various areas of PE & sport science |  |
| Inside Sport - BBC Radio Leicester | Various areas of PE & sport science |  |
| Optapro Podcast | Performance Analysis |  |
| Revisionist History - S2 Ep 1 (A good walk spoiled) | Golf / Socio-cultural |  |
| Rugby Union Weekly - BBC 5 Live | Rugby |  |
| Sport and the British BBC 4 | How Britain shaped sport and sport shaped Britain |  |
| Sporting Witness - BBC 5 Live | Various areas of PE & sport science |  |
| Sportsweek - Radio 5 Live | Current issues in sport |  |
| Tailenders | Cricket / Various areas of PE & sport science |  |
| Test Match Special | Cricket / Various areas of PE & sport science |  |
| That Peter Crouch Podcast | Football / Various areas of PE & sport science | Mr Sprake |
| The Big Interview with Graham Hunter | Football / Various areas of PE & sport science | Mr Pratt |
| The Bike Show | Cycling |  |
| The Cycling Podcast | Cycling |  |
| The Football Ramble | Football |  |
| The Joe Rogan Experience #737 (Lance Armstrong) | Cycling / drugs in sport |  |
| The Science of Sport Podcast | Various areas of PE & sport science | Mr Pratt |
| The Tennis Podcast | Tennis / Various areas of PE & sport science |  |
| The Tim Ferris Show | Various areas of PE & sport science |  |
| The Totally Football Show | Football |  |
| Who Are Ya? | Football |  |
| World Athletics Podcast | Athletics / Various areas of PE & sport science |  |
| You’re Dead To Me (Ancient Olympics & History of Football) | Socio-historical / Socio-cultrual | Mr Pratt |
| Zonal Marking | Football / Football tactics | Mr Pratt |