

Year 11 to 12 PE Transition Work.

Firstly contact Mr Rowland (rowlandlee@beck.uk.com) and Mr Stirling (stirlingp@beck.uk.com) this will allow us to set you up on the answerPERfect website that we use.

Also it will allow us to monitor that you are meeting the weekly deadlines and you can contact us if you need any help.

The course is split into 3 area so to give you a good insight we will set two tasks from each topic area.

Each topic should take a week to complete and please send the completed work to the appropriate teacher, so your progress can be monitored and feedback given.

Please complete your work using word or other Microsoft applications, so you can send it to us to assess and give feedback.

Good luck Mr Stirling and Mr Rowland

Week 1 Section A – Mr Rowland

Watch the following YouTube clips:

Nutrition: <https://youtu.be/M2z78d2nfL4>

Supplements: <https://youtu.be/Oedpy67dT5U>

Create notes/mind map that includes the following:

(please use word or other Microsoft applications so that can be sent to me electronically.)

The notes need to be comprehensive and I would imagine to take up about three pages.

Nutrition & Supplements

- Carbohydrates – Simple and Complex. What happens during high/low intensity. Provide examples.
- Cholesterol – LDL & HDL
- Fats – Saturated & Unsaturated
- Fibre
- Protein
- Vitamins – A, B Complex, B12, C, D. Provide examples for each.
- Minerals – sodium, iron & calcium
- Importance of hydration
- Effects of dehydration
- Positive/Negative effects of supplements on a sports performer. **Creatine, Sodium bicarbonate, caffeine and glycogen loading**
- **Then complete the following exam questions:** <https://jowypax.exampro.net/>
- **Self-assess your answers and add green pen for corrections**

Start Date Monday 27th April 2020 - Deadline Sunday 3rd May 2020 please send completed work to Mr Rowland (rowlandlee@beck.uk.com)

Week 2 Section B – Mr Stirling – TOPIC- CLASSIFICATION OF SKILL

Watch the following YouTube clip on Skill Classification

https://www.youtube.com/watch?v=IYcbtd6v7mA&list=PLzh4kOin3WArL_EFstIY3tGb5JkKkFqS&index=2&t=0s

Create notes/mind map that includes the following:

(please use word or other Microsoft applications so that can be sent to me electronically.)

- **Definition of skill and ability**
- **Definition of perceptual ability**
- **Definition of psychomotor ability**
- **Definition of cognitive skill**
- **Definition of psychomotor skill**
- **Characteristics of skill**
- **Explanation using examples of the different continuums of skill:**
 - Open/Closed
 - Self/externally paced
 - Discrete/serial/continuous
 - Gross/ fine
 - Simple/complex
 - High/low in organisation
- **Watch how he answers a couple of exemplar questions.**
- **Then complete the following question.** <https://PEJOBBOX.exampro.net>
- **Self-assess your answers and add green pen for corrections**

Start Date Monday 4th May 2020 - Deadline Sunday 10th May 2020 please send completed work to Mr Stirling (stirlingp@beck.uk.com)

Week 3 Section C - Mr Rowland

Watch the following YouTube clips:

- What do performance enhancing drugs do to your body – <https://youtu.be/4rUpX3QSPmw>
- A history of Olympic drug cheats – <https://youtu.be/7Q-tA0wtuYw>
- Doping to win – <https://youtu.be/11-sP2IE-mQ>
- Doping: catch me if you can - https://youtu.be/J_AtDD3GWVQ

Create notes/mind map that includes the following:

(please use word or other Microsoft applications so that can be sent to me electronically.)

The notes need to be comprehensive and I would imagine to take up about three pages.

- What are anabolic steroids, beta blockers and EPO. Include the role, side effects and examples of sports they have been used in.
- Reasons why sports performers take drugs
- Positive and negative implications of drug taking on the sport and also the performer
- Strategies for eliminating performance enhancing drugs in sport

- **Now watch ANSWERPERFECT (login should have been provided). Navigate to Paper 2 Section C, drugs in sport. Video is 17 minutes long. Watch the video and complete the quiz.**
- Then complete the following questions - <https://UIDIHOG.exampro.net>
- Self-assess your answers and add green pen for corrections

Start Date Monday 11th May 2020 - Deadline Sunday 17th May 2020 please send completed work to Mr Rowland (rowlandlee@beck.uk.com)

Week 4 Section A – Mr Rowland

Watch the following YouTube clips:

Joint Actions - <https://youtu.be/otHNMOaXSns>

Planes/Axis - <https://youtu.be/moP483UxRQ8>

Create notes/mind map that includes the following:

(please use word or other Microsoft applications so that can be sent to me electronically.)

The notes need to be comprehensive and I would imagine to take up about three pages.

Joint Actions/Musculoskeletal System

- Draw and label the human skeleton. How many bones can you remember?
- Now do the same for the muscles.
- Create a table for the following joints; shoulder, hip, knee & ankle. Include the joint type, bones surrounding that joint and the types of movement possible.
- Muscular Contractions – Isometric, Isotonic; eccentric & concentric. Agonist & antagonist.
- Ligaments and tendons. What is the difference? Provide examples.

Planes/Axis

- Frontal, Sagittal & Horizontal – draw diagrams and provide movements and sporting examples for each.
- Transverse, Sagittal & Longitudinal - draw diagrams and provide movements and sporting examples for each.
- **Now watch ANSWERPERFECT (login should have been provided). Navigate to Paper 1 Section A, musculoskeletal system. Video is 10 minutes long. Watch the video and complete the quiz.**
- Then complete the following questions - <https://zyluhul.exampro.net/>
- Self-assess your answers and add green pen for corrections

Start Date Monday 18th May 2020 - Deadline Sunday 24th May 2020 please send completed work to Mr Rowland (rowlandlee@beck.uk.com)

Week 5 Section B – Mr Stirling- TOPIC –RESPONSE TIME

Please watch the clip on reaction time and produce notes:

(please use word or other Microsoft applications that can be sent to me electronically.)

1. <https://www.youtube.com/watch?v=gINcSelO3ZU>
 - **Definitions of response time, reaction time, and movement time and be clear about the relationship.**
 - **Factors affecting response time name and explain.**
 - **Define anticipation and explain the different types.**
 - **Hicks Law draw diagram and explain, also be able to explain the difference of choice and simple reaction time using examples.**
 - **Draw the diagram on 'Psychological Refractory Period' and explain using a sporting example.**

The notes need to be comprehensive and I would imagine to take up about three pages.

2. Please complete the questions using your notes:

- **Reaction Time - <https://SENOWUO.exampro.net>**

After you have completed the questions please mark and make any corrections with a green pen.

3. Watch the clip on answerPERfect – In purple complete the model AO1,2,3 at the end of the clip and then complete the 15 mark question using the model.

https://answerperfect.co.uk/courses/pe_aqa_a/lessons/pe_aqa_a_paper1b/topic/pe_aqa_a_paper1b_6a/

Start Date Monday 25th May 2020 - Deadline Sunday 31st May 2020 please send completed work to Mr Stirling (stirlingp@beck.uk.com)

Week 6 Section C - Mr Rowland

Sport and Society – The Role of Technology

Watch the following youtube clip:

<https://youtu.be/ZaalIEANc0I>

Create notes/mind map that includes the following:

(please use word or other Microsoft applications so that can be sent to me electronically.)

The notes need to be comprehensive and I would imagine to take up about three pages.

Make notes on the following categories and the impact on each:

- Sport/Performer
- Coach
- Official
- **Then complete the following questions -**
- **Self-assess your answers and add green pen for corrections**

- **Now watch ANSWERPERFECT (login should have been provided). Navigate to Paper 2 Section C, Sport and Role of Technology. Video is 16 minutes long. Watch the video and complete the quiz.**
- Then complete the following questions - <https://OETYMEF.exampro.net>
- Self-assess your answers and add green pen for corrections

Start Date Monday 1st June 2020 - Deadline Sunday 7th June 2020 please send completed work to Mr Rowland (rowlandlee@beck.uk.com)