

Physical Education A Level Preparatory Work 2024

<p>Physiological Factors Affecting Performance</p> <p>External Assessment 90 marks 2 Hour Exam 30% of Total A Level</p>	<p>COMPLETE</p> <p>Task 1: Create a table for the 3 main synovial joints.</p> <table border="1" data-bbox="665 363 1420 550"> <tr> <td>Description</td> <td>Ball & Socket</td> <td>Hinge</td> <td>Condyloid</td> </tr> <tr> <td>Examples in the body</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Articulating Bones</td> <td></td> <td></td> <td></td> </tr> </table> <p>Task 2: Look up what these joint movements are. Describe and give a sporting example. Present in table form.</p> <table border="1" data-bbox="665 694 1420 805"> <tr> <td>Movement</td> <td>Description</td> <td>Sporting Example</td> </tr> <tr> <td>E.g Flexion</td> <td>Decreasing the angle at a joint</td> <td>Upward phase of a bicep curl</td> </tr> </table> <p>Flexion/Extension/Abduction/Adduction/ Horizontal Flexion/Horizontal Extension/Medial Rotation/Lateral Rotation/ Circumduction/Dorsiflexion/Plantar flexion</p> <p>Task 3: What are the antagonistic pairs of muscles at each of these joint? Present in table form</p> <ol style="list-style-type: none"> 1. Shoulder joint 2. Ankle Joint 3. Elbow Joint 4. Wrist Joint 5. Hip Joint 6. Knee <p>Note: There may be more than one movement at each joint</p>	Description	Ball & Socket	Hinge	Condyloid	Examples in the body				Articulating Bones				Movement	Description	Sporting Example	E.g Flexion	Decreasing the angle at a joint	Upward phase of a bicep curl	<p>WATCH</p> <p>Joints and Movements by James Morris</p> <p>Joint action and muscles - YouTube</p>	<p>READ</p> <p>Brianmac.co.uk Anatomy and Physiology</p> <p>The Skeletal System Physiology - Skeletal System (brianmac.co.uk)</p> <p>The Muscular System Physiology Muscular System (brianmac.co.uk)</p>
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Psychological Factors Affecting
Performance

COMPLETE

External Assessment
60 marks
1 Hour Exam
20% of Total A Level

Task 1:

Sport Psychology is concerned with the mind and how it
functions in a sporting and competition situation. Read the
article titled: The relati

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<p>Non Examined Assessment Sporting Performance and EAPI (Verbal analysis and Evaluation of Performance)</p> <p>Internal Assessment 90 Marks 30 % of Total A Level</p>	<p>COMPLETE Task 2: Sport/Activity Using the OCR PE A Level Specification Link Below OCR AS and A Level Physical Education NEA Guide</p> <p>Complete the table for core, advanced skills and decision making and tactical components required in your chosen sport or activity:</p> <table border="1" data-bbox="665 584 1420 983"> <tr> <td colspan="2" data-bbox="665 584 1167 655">Sport/Activity:</td> <td data-bbox="1176 584 1420 655">Position:</td> </tr> <tr> <td data-bbox="665 662 916 730">Core Skills</td> <td data-bbox="925 662 1167 730">Advanced Skills</td> <td data-bbox="1176 662 1420 730">Decision Making and Tactics</td> </tr> <tr> <td data-bbox="665 737 916 983"></td> <td data-bbox="925 737 1167 983"></td> <td data-bbox="1176 737 1420 983"></td> </tr> </table>	Sport/Activity:		Position:	Core Skills	Advanced Skills	Decision Making and Tactics				<p>WATCH</p> <p>Guide to NEA EAPI - A Level PE (weebly.com)</p>	<p>READ</p> <p>Specification Page for your chosen Sport and Activity</p>
Sport/Activity:		Position:										
Core Skills	Advanced Skills	Decision Making and Tactics										