**Little Heath School**

**Physical Education**

**A Level Pre-Course Preparation**

The course is split into three distinct areas for theoretical study

* Physiological factors affecting performance
* Psychological factors affecting performance
* Socio-Cultural and contemporary issues

You will also need to be entered for one practical activity

* Usually as a performer

**In order to prepare for both aspects of the course you will need to:**

* Find out the National Governing Body for your main practical activity and identify what their main aims are
* Look at a coaching manual for your main practical activity or find similar resources on the internet and print or use the library.
* Investigate the main 10 skills and plan 5 progressive practices.
* Find out the local and national provision for their main practical activity area.
* Identify the main muscles in the body
* Identify the main bones of the body
* Label the heart in detail.
* Research what personality is and how it can effect sporting performance.

This work should be handed in by the 15th September.

Time Guidance: 3 hours