**Little Heath School**

**Physical Education**

**A Level Pre-Course Preparation**

The course is split into three distinct areas for theoretical study

* (01 Paper)Physiological factors affecting performance
* (02 Paper) Psychological factors affecting performance
* (03 Paper) Socio-Cultural and contemporary issues
* (04 criteria) Practical performance and analysis talk about it the strength and weaknesses of a performer

**In order to prepare for this aspect of the course you will need to:**

* Get yourself a large arch lever folder with separators for each topic.
* 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 and research key skills, fitness components and tactics required.
* Identify 10 core skills in your sport and explain 5 key coaching points to improve those skills
* Discover what muscles help to create movement for 2 identified skills.
* Discover what bones help to create movement for 2 identified skills.
* Discover what joints help to create movement for a skill identified.
* Find out the local and national provision for their main practical activity area.
* Research what personality is and how it can effect sporting performance.

This work should be handed in by the 12th September.

Time Guidance: 3 hours