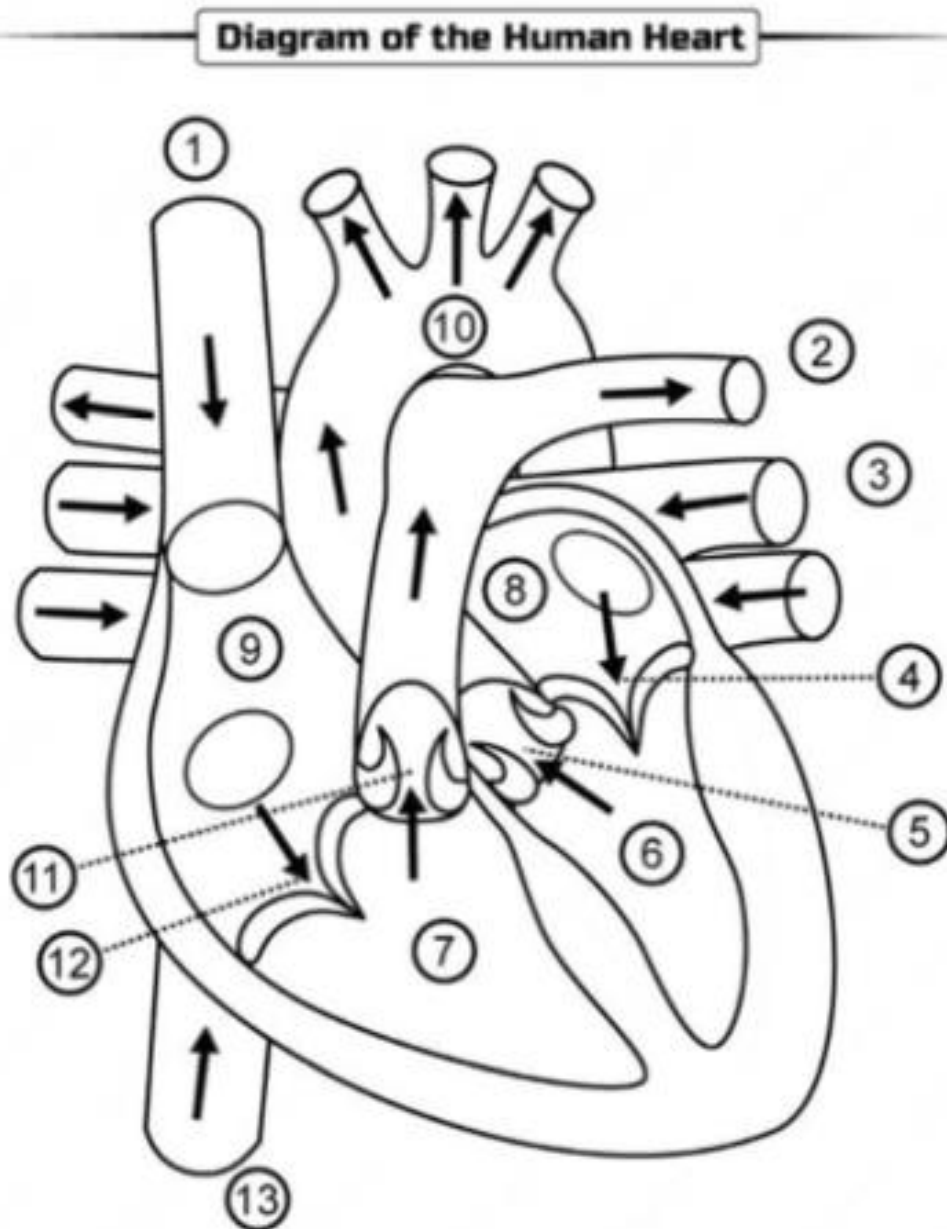


## A Level PE Sixth Form Transition Tasks

### Anatomy & Physiology

#### Task 1

Use the template below to label the structure of the heart. There is a word bank to assist with this task.



#### Word Bank

Right Atria   Superior Vena Cava   Aorta   Left Ventricle   Aortic Valve   Pulmonary Artery   Left Atrium  
Tricuspid Valve   Pulmonary Vein   Right Ventricle   Pulmonary Vein   Mitral Valve   Inferior Vena Cava

## **Task 2**

Research the Cardiac conduction system make notes to show how the impulses pass through the heart to cause a contraction.

## **Task 3**

Write down a definition next to each key term relating to the cardiovascular system;

- Atria -
- Ventricular -
- Valves -
- Heart Rate -
- Stroke Volume -
- Cardiac Output -
- Hypertrophy -
- Bradycardia -
- Pulmonary -
- Systemic -
- Systole phase -
- Diastole phase -

Useful texts / websites -



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<https://theeverlearner.com/> Username and Password given upon email request to JLD

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

## **Skill Acquisition**

### **Task 1**

Research Skill Classifications using the links below:

<https://www.jroscoe.co.uk/downloads/roscoe850section2ch5only.pdf> - Just Page 1&2

<https://www.brianmac.co.uk/continuum.htm> Select 5 skills from different sports and classify them based on each of the continuums.

### **Task 2**

Research the 4 Learning Theories using the links below.

For each Theory (Operant Conditioning, Insight Learning, Observational Learning, Constructivism Social

Development) complete the following:

- Give a brief overview of how the theory works
- Link it to a sporting example - Discuss the advantages and disadvantages

<https://www.teachpe.com/sports-psychology/theories-of-learning>

<https://www.iedunote.com/learning-theories>

### **Task 3**

Find a scholarly article on Sport Psychology and annotate it based on your sporting experiences.

<https://www.sportpsychologytoday.com/sports-psychology-articles/>

[Sport Psychology Articles | Sports Psychology Today - Sports Psychology](#)

Sport Psychology Articles

[www.sportpsychologytoday.com](http://www.sportpsychologytoday.com)

## **Sport & Society**

### **Task 1**

Research how sport has developed from the 17th Century to the 20th Century.

Make notes of the key events and changes surrounding this period .

Key points should include:

- Dates: Pre 1800, 1800 – 1850, 1850 onwards
- What sport was like and why was it like that (Clue: Mob Games)
- How things have changed and why?

You could present this as a table, extended piece of writing or a flow chart which shows the elements above.

**Task 2**

Listen one of the following podcasts

<https://www.fearlesswomen.co.uk/thegamechangers/preeti-shetty>

<https://www.fearlesswomen.co.uk/thegamechangers/ugo-monye>

<https://www.fearlesswomen.co.uk/thegamechangers/kelly-lindsey>

Summarise the key ideas within the podcast; aim for ten points. Create 5 questions relating to the content in the podcast