

Tasks

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1. *Outline your experience in at least one sporting activity which is on the accepted practical list as set out by the exam board (pages 35 37) (e.g. how many years have you participated in your sport? What level do you compete at? Have you won any trophies/medals/events?) - [A-level Physical Education Specification Specification for first teaching in 2016](#)*
2. *Research the following theories of Arousal: Inverted U Theory, Drive Theory, Catastrophe Theory, Individual zones of optimal functioning and Peak Flow. Include graphs for each theory and a description of each one.*
3. *Discuss the differences in the changing status of amateurs and professionals from the 1800s to the modern day in no more than 500 words.*
4. *Print the glossary of key terms and vocabulary : [Subject specific vocabulary](#)*

Your work should be typed up and printed so you can store it in your PE folder and use throughout the year.