

## **Physical Education**

Pre-Course Task

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## **Task and Resources Required**

### **Tasks**

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

Complete a self-assessment for each of the assessment areas 1 to 3 that is associated with your sport. Grade yourself out of 10 for each skill from assessment area 1-3. (pages 38 to 81) (name the skills in each assessment areas for each sport)  
<http://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

2. Using Badminton as your sport research the following theories of learning; Skinner's operant conditioning, Bandura's observational theory and Gestalt's Cognitive/insight theory.  
Describe, using each theory separately and in no more than 500 words, how a performer could learn to produce a drop shot in badminton (use diagrams of learning models to support your answer).
3. Explain, in no more than 500 words, the difference between popular and rational recreation and how the industrial revolution and urbanisation influenced changes in sport.
4. Create a glossary of terms for the following systems; cardio-respiratory, neuro- muscular system and musculo-skeletal system using a PE textbook and the following link: <http://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>
5. Print a copy of the subject specific vocabulary ready for the start of the year. <http://www.aqa.org.uk/resources/physical-education-and-sport/as-and-a-level/physical-education/teach/subject-specific-vocabulary>

Your work should be typed up and printed so that you are able to include it in your wider reading file next year. You will be expected to present your findings in the first lesson.

### **Resources**

- AQA A-level PE Book 1: For A-level year 1 and AS ISBN – 9781471859564

- AQA Website: <http://www.aqa.org.uk/subjects/physical-education/as-and-a-level>