



Faculty of PE Sport Health and Well Being

Raising aspirations through PE and sport

OCR AS PE Summer Work 2019

Congratulations on joining us on Y12 AS PE.

Please use the following tasks as a task designed to get you thinking about the course structure and how this is clearly a step up from GCSE PE.

We look forward to working hard with you in September arriving with your completed tasks! Enjoy your summer!

Task 1

OCR's AS Level in Physical Education (H155)

Please locate the OCR exam specification for the AS course. Download a copy of it and then please print it out and set up your folder.

Answer the following questions:

Qu 1 How many exams will you in the summer take in Y12? What are the weightings or percentages of these?

Qu 2 How many topic areas are there in the AS specification.

Qu 3 Is there any coursework in the AS PE Y12? If yes what is it?

Qu 4 What is topic 1.1a, 1.2 and 2.1.

Qu 5 How many sports are assessed in AS PE?

Task 2

Write a paragraph explaining your sporting interests, favoured sport and sporting success to date.

Task 3

Complete the following question. You will need you to research the topic area of **Sports Psychology** and **Aggression on page 18**. Please use your exam specification to help you.

Using practical examples, describe the possible causes of aggressive behaviour in sport.

6 marks

Task 4

Using the table below as a framework please provide a brief analysis paragraph on a sports person of your choice.

My sporting hero fact file	
Physical attributes that make them successful e.g. size, their fitness levels, strength, flexibility...	What are their major strengths when performing that make hem your hero?
List 5 skills required for success in your heroes sport	What are their major areas for development e.g. their weaknesses?
What are your major strengths in performance?	What are your major weaknesses?

Task 5

Create or find a blank image of the body and label the following muscles...



Knowledge and understanding of planes of movement, the roles of muscles and types of contraction will be developed. Learners will also be

able to analyse movement in physical activities and sport applying the underlying knowledge of muscular contraction.

Topic area	Content
Joints, movements and muscles 	<ul style="list-style-type: none"> • shoulder: <ul style="list-style-type: none"> ○ flexion, extension, abduction, adduction, horizontal flexion/extension, medial and lateral rotation, circumduction ○ deltoid, latissimus dorsi, pectoralis major, trapezius, teres minor • elbow: <ul style="list-style-type: none"> ○ flexion, extension ○ biceps brachii, triceps brachii • wrist: <ul style="list-style-type: none"> ○ flexion, extension ○ wrist flexors, wrist extensors • hip: <ul style="list-style-type: none"> ○ flexion, extension, abduction, adduction, medial and lateral rotation ○ iliopsoas, gluteus maximus, medius and minimus, adductor longus, brevis and magnus • knee: <ul style="list-style-type: none"> ○ flexion, extension ○ hamstring group: biceps femoris, semi-membranosus, semi-tendinosus ○ quadriceps group: rectus femoris, vastus lateralis, vastus intermedius and vastus medialis • ankle: <ul style="list-style-type: none"> ○ dorsi flexion, plantar flexion ○ tibialis anterior, soleus, gastrocnemius • planes of movement: <ul style="list-style-type: none"> ○ frontal ○ transverse ○ sagittal.