

A LEVEL PE NEW STUDENTS **SUMMER WORK**

As you are expected to be a good performer in one sport for A Level PE it is important that you have a detailed knowledge of how to perform but also how your sport is structured in the UK.

Research and produce a poster/mind map/written paragraphs on the following:

1. Using the specification <https://www.ocr.org.uk/Images/234840-as-and-a-level-guide-to-non-exam-assessment.pdf> make a list/table of the core and advanced skills required for your assessment and tick those you are currently competent in and put a cross against those you need to develop.
2. Choose 5 core skills from your sport and list the coaching points for each (break the body up eg. legs, trunk, arms, head, to give enough detail) as if you were teaching it to someone your age.
3. Research your sport's National Governing Body eg. England Netball, and look at the talent pathway to elite performance. How are athletes funded? What support do they get? Which National Institute eg. Loughborough University, is linked to your sport?
4. Make a list and use photos of different sponsors involved in your sport either for teams or individuals.

