**Preparing for A Level Physical Education or want to just develop your PE further?**

Whether you are wanting to study Physical Education at A Level or if you are just interested in furthering your understanding of the Physical Education (Sports Science) you have studied at GCSE, here’s some things you can do:

1. **Developing your Sports Science** – through general reading around / watching videos / listening to podcasts etc. to develop your physiological knowledge and understanding

2. **Preparing for the A Level Course** Starting to explore the topics and their foundations which will be studied in the A Level course.

To be a great sports scientist you need to develop your ability to think synoptically, being able to see the greater overview and how everything begins to link together. Physical Education and Sports Science is not just about playing sport and the body in sport; it is also the relationships that exist between sport, psychology and technological advances within society.

At GCSE you have covered a lot of the foundations of the underpinning concepts; applied anatomy and physiology and how they have contribute to effective physical movements. GCSE has provided a breadth of study, whereas A Level will now enable you to gain greater depth by exploring topics in greater detail but also encouraging you to see and explore the links between topics.

The best Sports Scientists at A Level keep reading the sports news and generally seek to improve their Physiological understanding by engaging with scientific advancements and surrounding discussions regarding key issues as they arise in sport.

This guide has been designed for you to be able to dip in and out of, from looking at general sport to advanced physiological training and psychological issues. These combined will be developing your ability to think like a scientist, through to starting to explore some of the topics we will be looking at in Year 12 and 13 so you can do some valuable background reading.

**DEVELOPING AS A SPORTS SCIENTIST**

Below includes, websites, books, podcasts, documentaries and even films which provide a great way of staying inspired and engaging with geography.

**TEDX**

* Sport psychology - inside the mind of champion athletes: Martin Hagger at TEDxPerth
* Secrets of elite athletes | Kenn Dickinson | TEDxSnoIsleLibraries
* The Secret Imagination of Elite Performers | Charlie Unwin | TEDxHolyhead
* Elite athletes use this one tactic | Dr Joann Lukins | TEDxTownsville
* Find your athletic edge: Brendan Brazier at TEDxFremont
* The mindset to succeed: Prof Tim Noakes at TEDxCapeTownED

**BOOKS**

# AQA A-level PE Book 1:by Carl Atherton, Symond Burrows & Ross Howitt

# *This Student's Book covers: Applied Anatomy and Physiology, Skill acquisition, Principles and theories of learning and performance, Sport and society, Emergence of globalization of sport in the 21st century, Exercise physiology, Biomechanical movement, Sport psychology and The role of technology in physical activity and sport.*

1. **Champions Mind. How great athletes think, Train and Thrive by Jim Afremow.**

*The athlete's go-to guide for creating mental strength and achieving peak performance. These athletes prove that raw athletic ability doesn't necessarily translate to a superior on-field experience, its the mental game that matters most.*

1. **The Sports Gene: Inside the science of extraordinary Athletic Performance** by David Epstein

*The debate is as old as physical competition. Are stars like Usain Bolt, Michael Phelps, and Serena Williams genetic freaks put on Earth to dominate their respective sports? Or are they simply normal people who overcame their biological limits through sheer force of will and obsessive training?**This is a controversial and engaging exploration of athletic success and the so-called 10,000-hour rule, David Epstein tackles the great nature vs. nurture debate and traces how far science has come in solving it.*

# Foundations of Sports Coaching by Paul E. Robinson & Ashley Gill

# *This is a comprehensive and engaging introduction to the practical, vocational and scientific principles that underpin the sports coaching process. It provides the reader with all the skills, knowledge and scientific background they will need to prepare athletes and sports people technically, tactically, physically and mentally.*

# Achieve the Impossible Paperbackby Professor Greg Whyte OBE

# *Greg Whyte learnt from an early age that the biggest obstacle in life was people telling him 'No, you can't'. But we all have the ability to achieve what others may tell you is impossible. Don't listen to them. Success is not a chance event. With proper planning, preparation and vision, Professor Whyte has the knowledge and methods that can turn the ordinary into the extraordinary, mortals into elite athletes, to deliver not dream.*

# The Mindful Athlete: Secrets to Pure Performance by George Mumford

# *Michael Jordan and countless other NBA stars credit George Mumford with transforming their game. A widely respected public speaker and coach, Mumford shares his story and strategies in The Mindful Athlete. His proven techniques transform the performance of anyone with a goal.*

1. **Foundations of Sport and Exercise Psychology by Robert S. Weinberg & Daniel Gould**

*As the leading text in sport and exercise psychology, Foundations of Sport and Exercise Psychology provides a thorough introduction to key concepts in the field and draws connections between research and practice and captures the dynamism of sport and exercise.*

1. **Jonny: My Autobiography by Johny Wilkinson**

*In JONNY, he reveals the extraordinary psychology that he had to tame in order to be able to dominate his sport. For most of his life, he was driven by a quest for perfection and an obsession to be the best player in the world; here he shows how these two facets of his competitive mind took such a hold of him that they sent him to the top of the world, then swept him up and dragged him down into a spiral of despair.*

# Fedegraphica: A Graphic Biography of the Genius of Roger Federer Hardcover by Mark Hodgkinson

# *An true life story analysing his serving patterns, the speed of his shots, the spin he generates, his movement, as well as his performance in high-pressure situations such as tiebreaks and Grand Slam finals.*

# Legacy Paperback by Jame Kerr

# *In Legacy, best-selling author James Kerr goes deep into the heart of the world s most successful sporting team, the legendary All Blacks of New Zealand, to reveal 15 powerful and practical lessons. What are the secrets of success sustained success? How do you achieve world-class standards, day after day, week after week, year after year? How do you handle pressure? How do you train to win at the highest level? What do you leave behind you after you re gone?*

1. **Mental Training for Peak Performance by Steven Ungerleider**

# *Mental Training for Peak Performance teaches you that sweat isn't enough. Before you can win on the track, court, links, or slopes, you have to win in your head. The book provides detailed descriptions of mental techniques that work, explaining how to: build confidence with affirmations and self-talk, clear your mind with breathing and meditation, maximize performance with mental snapshots, improve your game with guided imagery, use visual rehearsal to fine-tune your style and tap in to the power of dreams.*

**SPORTS DOCUMENTARIES and You Tube Clips**

*There are some great documentaries and short clips which will help develop your general knowledge and understanding to see what professional sports players do.*

* Christiano Rolnaldo with Piers Morgan
* Mike Tyson The Power of Fear
* Olympics 2012 - The Importance of Sports Psychology

**SPORTS FILMS**

1. **Pele: Birth of a Legend**

*Pele's meteoric rise from the slums of Sao Paulo to leading Brazil to its first World Cup victory at the age of 17 is chronicled in this biographical drama.*

1. **The Blind Side**

*The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.*

1. **Soul Surfer**

*Teenage surfer Bethany Hamilton overcomes the odds and her own fears of returning to the water after losing her left arm in a shark attack.*

1. **42**

*In 1947, Jackie Robinson becomes the first African-American to play in Major League Baseball in the modern era when he was signed by the Brooklyn Dodgers and faces considerable racism in the process.*

1. **Mcfarland**

*Jim White moves his family after losing his last job as a football coach. He sees that some of the students are worth starting a cross-country team and turns seven students with no hope into one of the best cross-country teams.*

1. **Coach carter**

*Controversy surrounds high school basketball coach Ken Carter after he benches his entire team for breaking their academic contract with him.*

1. **Eddie the Eagle**

*The story of Eddie Edwards, the notoriously tenacious British underdog ski jumper who charmed the world at the 1988 Winter Olympics.*

1. **Cool Runnings**

*When a Jamaican sprinter is disqualified from the Olympic Games, he enlists the help of a dishonored coach to start the first Jamaican Bobsled Team.*

1. **Invictus**

*Nelson Mandela, in his first term as President of South Africa, initiates a unique venture to unite the Apartheid-torn land: enlist the national rugby team on a mission to win the 1995 Rugby World Cup.*

**10. The Gabby Douglas Story**

*The story of the international gymnastics phenomenon who overcame overwhelming odds to become the first African American ever to be named Individual All-Around Champion in artistic gymnastics at the Olympic Games.*

***11.Ali***

Cassius Clay, a young boxer, wins his debut championship and goes on to reach new heights of fame through his conversion to Islam, his refusal to fight in Vietnam and other controversial actions.

1. **Escape to Victory**

*During World War II, a group of Allied prisoners of war agrees to play a football match against the Nazi team only to use it as a method to escape captivity.*

**PREPARING FOR A LEVEL PHYSICAL EDUCATION AT WASELEY HILLS HIGH SCHOOL**

At Waseley Hills we deliver the AQA A level qualification. We believe it allows students to play to their strengths and gain dynamic skills for further education and a healthy future. The specifications teach students to evaluate performance and suggest plans for improvement. They also cover the benefits of healthy living alongside topics like the role of media in sport. We worked closely together as teachers using exam board resources to develop content that you'll enjoy learning, and that students of all abilities will enjoy studying.

***A Level pupils will be taught:*** [Applied anatomy and physiology](https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582/subject-content/factors-affecting-participation-in-physical-activity-and-sport) , [Skill acquisition](https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582/subject-content/factors-affecting-participation-in-physical-activity-and-sport), [,](https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582/subject-content/factors-affecting-participation-in-physical-activity-and-sport) [Exercise physiology ,](https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582/subject-content/factors-affecting-optimal-performance-in-physical-activity-and-sport) [Sport psychology](https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582/subject-content/factors-affecting-optimal-performance-in-physical-activity-and-sport) and [Sport and society and the role of technology in physical activity and sport](https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582/subject-content/factors-affecting-optimal-performance-in-physical-activity-and-sport)

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| **Paper 1: Factors affecting participation in physical activity and sport** |
| **What's assessed**  Section A: Applied anatomy and physiology  Section B: Skill acquisition  Section C: Sport and society |
| **How it's assessed**   * Written exam: 2 hours worth 105 marks and the 35% of A-level |
| **Questions**   * Section A, B and C: multiple choice, short answer and extended writing (35 marks) |
| **Paper 2: Factors affecting optimal performance in physical activity and sport** |
| **What's assessed**  Section A: Exercise physiology and biomechanics  Section B: Sport psychology  Section C: Sport and society and technology in sport |
| **How it's assessed**   * Written exam: 2 hours worth 105 marks and 35% of A-level |
| **Questions**   * Section A, B and C: multiple choice, short answer and extended writing (35 marks) |

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| **Non-exam assessment: Practical performance in physical activity and sport** |
| **What's assessed**   * Students assessed as a performer or coach in the full sided version of one activity. * Plus: written/verbal analysis of performance. |
| **How it's assessed**   * Internal assessment, external moderation worth 90 marks and 30% of A-level |

**The extensive arrange of bridging options you have been given to investigate follow a range of angles covering the course content through proven scientific practice and true life stories.**