

We seek to use lively minds, to work hard, to develop all our talents and to grow through sharing, to be the best version of ourselves



**A LEVEL
PE
TRANSITION
MATERIAL**

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Initial Topics.

Applied anatomy and physiology Students should develop knowledge and understanding of the changes within the body systems prior to exercise, during exercise of differing intensities and during recovery. Students should be able to interpret data and graphs relating to changes within the musculoskeletal, cardio-respiratory and neuro-muscular systems and the use of energy systems during different types of physical activity and sport, and the recovery process.

Skill acquisition This section focuses on how skill is acquired and the impact of psychological factors on performance. Students should develop knowledge and understanding of the principles required to optimise learning of new, and the development of existing, skills in a range of physical activities. Students should be able to understand and interpret graphical representations associated with skill acquisition theories.

Stepping up from GCSE, there is a lot more socio-historical topics. Students should develop knowledge and understanding of the interaction between, and the evolution of, sport and society. Students should be able to understand, interpret and analyse data and graphs relating to participation in physical activity and sport. Students develop an understanding of popular and rational recreation leading to the emergence of modern sport through to the globalisation of sport in the 21st century. Specifically students should understand the impact of the following social factors on the development of football, tennis and athletics.

The written coursework part contributes to 15% of their NEA. We highly recommend that students understand their own strengths and weaknesses and how these weaknesses could over time be corrected.

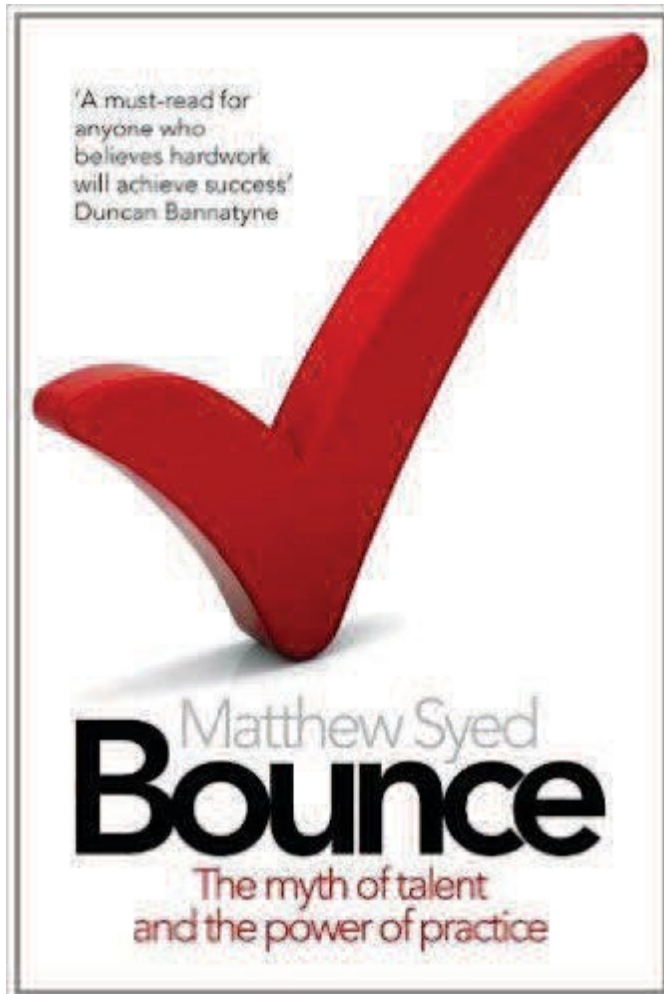
The full course of study is made up of the following topics, as set out in the Department for Education's Physical Education GCE AS and A-level subject content: • applied anatomy and physiology • exercise physiology • biomechanical movement • skill acquisition • sport psychology • sport and society • the role of technology in physical activity and sport.

The reading list we produced and possible films to watch all would be valuable to you (within the alevel [link](#))but do not feel obliged to purchase any. Audible do some great deals also.

Book Recommendations

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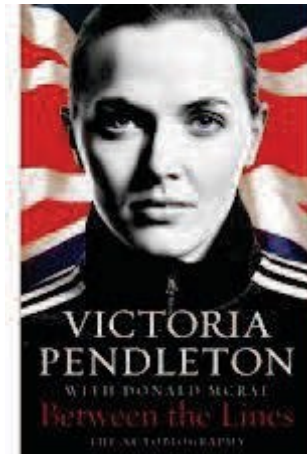
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Matthew Syed, Bounce

If you've ever wondered what makes a champion, Bounce has the answer. What are the real secrets of sporting success, and what lessons do they offer about life? Two-time Olympian and sports writer and broadcaster Matthew Syed draws on the latest in neuroscience and psychology to uncover the secrets of our top athletes and introduces us to an extraordinary cast of characters, including the East German athlete who became a man, and her husband – and the three Hungarian sisters who are all chess grandmasters. Bounce is crammed with fascinating stories and statistics. Looking at controversial questions such as whether talent is more important than practice, drugs in sport (and life) and whether black people really are faster runners, the mind-bending Bounce is a must-read for the hardened sports nut or brand new convert.

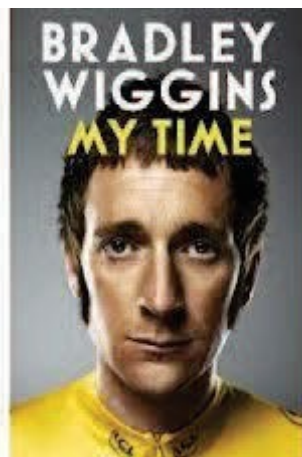
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Victoria

Pendleton, Between the Lines: MY

Autobiography The Golden Girl of British cycling opens up, for the first time, in searingly honest detail about what drives her to compete in a sport she no longer loves. Written with Donald McRae, 2 time winner of the William Hill Award, "Between the Lines" is THE Olympic autobiography. Victoria Pendleton MBE is not your typical female athlete. Admired as much by the weekly glossies as she is the newspaper back pages, she transcends her sport.



Bradley Wiggins, My Time

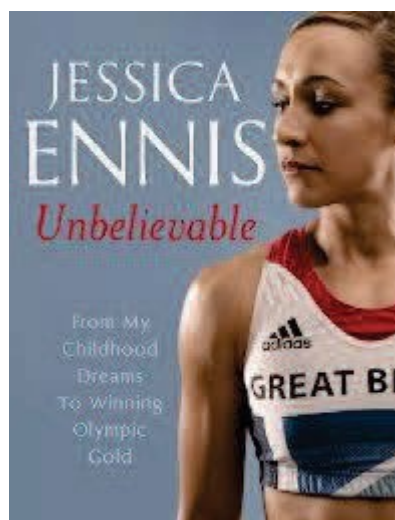
On 22 July 2012 Bradley Wiggins made history as the first British cyclist to win the Tour de France. Ten days later at the London Olympic Games he won the time trial to become his country's most decorated Olympian. In an instant 'Wiggo', the kid from Kilburn was a national hero.

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Richard Fitzpatrick, El Clasico – Barcelona v Madrid, Footballs Greatest Rivalry

Barcelona and Real Madrid: two of the most powerful and popular clubs in world football, and one of the world's most bitter sporting rivalries. Going far beyond the boundaries of just sport alone, this is a rivalry at the heart of Spanish life, taking in politics and culture and splitting a country in two. This is a story with resonance around the sporting world, with many instantly recognisable figures to an international audience such as Jose Mourinho. But it is also a tale of a country divided by a bitter rivalry.

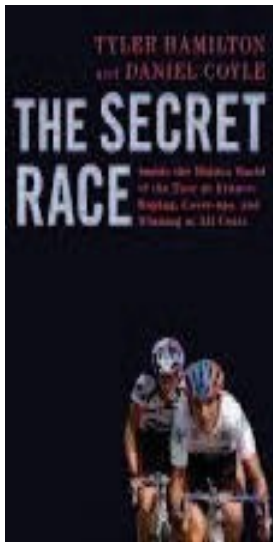


Jessica Ennis, Unbelievable; From my childhood dreams to Winning Olympic Gold What drives Jessica Ennis?

On 4 August 2012 Jessica Ennis kicked off what some described as the greatest night in British sporting history. For her it was the end

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of a long, winding, and sometimes harrowing road. Hers is an inspiring tale of following your dreams no matter what life throws at you.

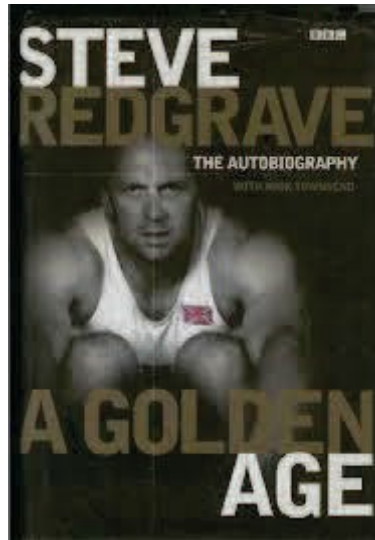


Tyler Hamilton, The Secret Race

WINNER OF THE WILLIAM HILL SPORTS BOOK OF THE YEAR AWARD 2012

On a fateful night in 2009, Tyler Hamilton and Daniel Coyle met for dinner in Boulder, Colorado. The two had met five years before while Coyle was writing his bestselling book, *Lance Armstrong: Tour de Force*. But this time, Tyler had something else on his mind. He finally wanted to come clean, about everything: the doping, the lying, his years as Lance Armstrong's teammate on U.S. Postal, his decade spent running from the truth. 'I'm sorry,' he told Coyle. 'It just feels so good to be able to talk about this. I've been quiet for so many years.'

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Steve Redgrave, A Golden Age

Steve's fascinating autobiography tells the story of an outstanding sporting career, from his first contact with rowing as a 13-year-old schoolboy, through his battle with diabetes and colitis. He discusses his rowing partnership with Matthew Pinsent and describes the extreme pressures and emotional conflicts that can cement or destroy a team. He speaks too of his struggle to preserve a balanced family life in the face of an extraordinarily intensive training programme and reveals both the mental and physical pain that go hand in hand with being a world champion.

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Michael Phelps, No limits

Michael Phelps is one of the greatest competitors the world has ever seen. From teen sensation in Sydney, to bona fide phenomenon in Athens, he is now - after the Beijing Games - a living Olympic legend. With an unprecedented eight gold medals and seven world-record times, his performance at the 2008 Games set a new standard for success. In *No Limits*, Phelps reveals the secrets to his remarkable success, from his training regimen to his mental preparation and, finally, to his performance in the pool. Having been raised by a single mother and diagnosed with ADHD, Phelps's success is imbued with defeating obstacles and earning one's way and *No Limits* explores the hard work, commitment, and sacrifice that go into reaching any goal. Filled with anecdotes from family members, friends, team mates, and his coach, *No Limits* gives a behind-the-scenes look at the makings of a real champion, and reveals a step-by-step guide to realizing one's dream.

Movie Recommendations

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The Blind Side

The Blind Side" depicts the story of Michael Oher, a homeless African-American youngster from a broken home, taken in by the Touhys, a well-to-do white family who help him fulfill his potential. At the same time, Oher's presence in the Touhys' lives leads them to some insightful self-discoveries of their own. Living in his new environment, the teen faces a completely different set of challenges to overcome. As a football player and student, Oher works hard and, with the help of his coaches and adopted family, becomes an All-American offensive left tackle.

nvictus

On 11 February 1990, Nelson Mandela is released after twenty-seven years imprisoned in Robben Island. In 1994, he is elected President of South Africa and he tries to unite his nation that is divided by the apartheid. Around the time of the Rugby World Cup in 1995, held in South Africa, Nelson Mandela invites the captain of the Springboks François Pienaar to come to the government palace for a tea and inspires François to win the championship with his team.

.....Column Break.....**Bend it like Beckham**

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Jess Bhamra is a teenager with only one real passion in her life: football. She daydreams of being a great soccer star and her hero is David Beckham. She soon strikes up a friendship with Juliette Paxton, Jules to her friends, and joins a girls team coached by the rather handsome Joe. She comes from a traditional, close-knit and loving Sikh family. Her parents only want the best for both of their daughters but Jess' fascination with sports doesn't fit into their idea of a young woman's future. Jess isn't comfortable sneaking about and she and Jules fall out when they both take an amorous interest in Joe. With her sister's wedding on the same day as the football final, where a US College scout will be present to assess her performance, Jess must decide if she will support her family or her friends.