

PHYSICAL EDUCATION SUMMER ASSIGNMENT

Your summer assignment must be submitted in the **first lesson for this subject in September**. The completion of this assignment is compulsory and we expect you to put every effort into completing it to the best of your ability. Failure to submit this assignment will jeopardise your place on this course.

INSTRUCTIONS

This assignment provides you with an introduction to the material which will be part of your A level written examination.

The theoretical paper is divided into **three areas** which make up each of the following tasks.

- **The first task** requires basic recall of knowledge,
- **The second task** you will need to apply practical examples to each description.
- **The third task** requires a longer and more detailed answer.

TASK 1: HUMAN ANATOMY and PHYSIOLOGY

Find out where these bones and muscles are located in the human body. Learn their locations and the spellings - you will be tested during your first lesson.

BONES

Phalanges
Humerus
Radius
Ulna
Carpals
Metacarpals
Tibia
Fibula
Tarsals
Metatarsals
Femur
Patella
Pelvis
Ribs
Sternum

MUSCLES

Biceps brachii
Triceps brachii
Deltoids
Pectoralis major
Rectus abdominus
Latissimus Dorsi
Trapezius
Gluteus Maximus
Rectus Femoris
Biceps Femoris
Gastrocnemius
Tibialis Anterior

(30 marks)

TASK 2: SKILL ACQUISITION

Abilities in sport:

- Strength
- Stamina
- Flexibility
- Co-ordination
- Reaction time
- Speed

Identify five abilities from the list given which underpin the skills specific to your main sport. Describe each of the abilities and justify (using examples) when they are needed.

(10 marks)

TASK 3: CONTEMPORARY ISSUES IN PHYSICAL ACTIVITY AND SPORT

Produce a mini report (1 side of A4) on the reasons why elite performers use illegal drugs/doping

1. Describe 4-5 reasons why elite performers use illegal drugs/doping
2. Describe 4-5 consequences of taking illegal drugs/doping
3. Strategies to stop the use of illegal drugs and doping

(10 marks)

TOTAL MARKS AVAILABLE = 50

You must complete all of the tasks and hand the written tasks in during your first lesson. Your mark (out of 50) will be translated into your first grade for the PE A level course.

Assessment criteria

A Grade Work (40/50)	C Grade Work (30/50)	E Grade Work (20/50)
<ul style="list-style-type: none"> • Test: A fully labelled diagram(s) of all the bones and muscles with no spelling errors • 5 descriptions of the abilities with justifications and examples • 1 side of A4 explaining why elite performers use illegal drugs or doping. 4+ reasons, 4+ consequences and at least 3 strategies to stop illegal drugs and doping 	<ul style="list-style-type: none"> • Test: A labelled diagram(s) of most of the bones and muscles • 5 descriptions of the abilities but without full justification or examples • 1 side of A4 explaining why elite performers use illegal drugs or doping. 4+ reasons, 4+ consequences and at least 3 strategies to stop illegal drugs and doping 	<ul style="list-style-type: none"> • Test: A labelled diagram(s) of some of the bones and muscles • 3+ descriptions of identified abilities with some justification or explanation. • 1 side of A4 explaining why elite performers use illegal drugs or doping. 3+ reasons, 3+ consequences and at least 1 strategy to stop illegal drugs and doping