



**SARACENS**  
SIXTH FORM

**A level PE**  
**Summer Project**



## A Level Physical Education Summer Learning

Keep up to date with summer competitions such as the men's Euro's 2024, the Paris Olympics and Paralympics, Wimbledon, T20 world cup and much more!

You should aim to spend around 3hrs completing these tasks.

| Paper                                 | Topic                              | Guidance   |
|---------------------------------------|------------------------------------|--|
| <b>Sport and society</b>              | The evolution of sport<br>(1 hour) | <p>Historically, sport has had a major influence on our society. The changing role of women in society has impacted their involvement in sport considerably in the 19<sup>th</sup> century. Football has evolved throughout the years to what it is today with women's football showing exceptional growth to this date due to the 2022 Euros and the 2023 World cup.</p> <p>You will need to:</p> <ul style="list-style-type: none"><li>- Watch some Women's football e.g Olympics</li><li>- Research the origins of football</li><li>- Research how Women's football has developed to what it is today</li><li>- Create a fact file/poster of your research</li></ul>            |
| <b>Sports Psychology</b>              | Personality types<br>(1 hour)      | <p>There is a lot of research around if personality can affect performance in sports, or if sport can actually affect personality. Create a fact file or document based on the following:</p> <ul style="list-style-type: none"><li>- Define personality</li><li>- Define introversion and extroversion</li><li>- Research the characteristics of these two personality types and they type of sports they may prefer.</li><li>- Define Type A and Type B personality and state the characteristics of both personalities.</li><li>- Research elite athletes that may fit into these 4 personality types. Explain why each athlete would fit into this personality type.</li></ul> |
| <b>Applied anatomy and physiology</b> | Muscular system<br>(1hour)         | <p>Revise the following muscles (you will be tested on these when you are back). You must be able to place them on a diagram of the human body correctly.</p> <p>The following muscles you must know:</p> <p><b><u>Elbow</u></b><br/>Bicep brachii<br/>Tricep brachii</p>  |

**Shoulder**

Anterior deltoid  
Posterior deltoid  
Latissimus dorsi  
Pectoralis major  
Teres Major

**Wrist**

Wrist flexors  
Wrist extensor

**Abdominals**

External obliques  
Rectus abdominis

**Hip**

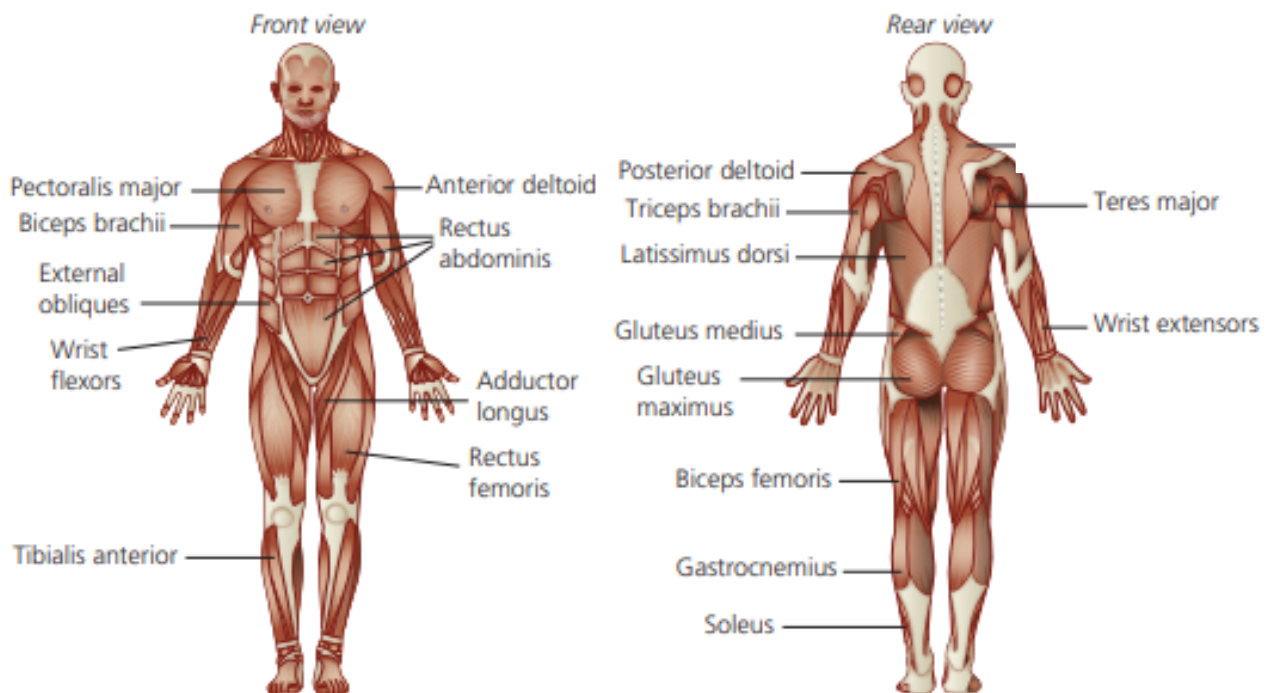
Gluteus maximus  
Gluteus medius  
Adductor longus

**Knee**

Bicep femoris  
Rectus femoris

**Ankle**

Tibialis anterior  
Gastrocnemius  
Soleus



## **Reading List**

For those that want to extend their knowledge further and have the best possible start to year 12 we have put together a recommend reading list

- OCR A level PE Specification
- OCR A level PE year 1 Book
- Any sport person biography – Eg. Alex Scott
- Keeping up to date with BBC Sport news
- The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance
  - The Champion’s Mind: How Great Athletes Think, Train and Thrive
  - The Sports Gene : Talent, Practice and the truth about Success
  - Run, Swim, Throw, Cheat : The science behind drugs in sport
  - Sports History: A practical guide

## **Watch /Listen List**

- The high performance podcast
  - The Joe wicks podcast
  - All or nothing
- The truth about sports products
  - James Morris OCR Videos
- Live sporting events – local, national or global events