



SARACENS
SIXTH FORM

A level PE
Summer Project



A Level Physical Education Summer Learning

Keep up to date with summer competitions such as the Women's Euro's 2025, Women's Rugby World Cup, Wimbledon, Ashes, World Athletics Championships and much more!

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

Paper	Topic	Guidance
Social-Cultural	The evolution of sport (1 hour)	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 th 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. You will need to: <ul style="list-style-type: none">- Watch a Women's football match e.g England playing in the Euros- Research the origins of football- Research how Women's football has developed to what it is today- Create a fact file/poster of your research
Sports Psychology	Personality types (1 hour)	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: <ul style="list-style-type: none">- Define personality- Define introversion and extroversion- Research the characteristics of these two personality types and they type of sports they may prefer.- Define Type A and Type B personality and state the characteristics of both personalities.- Research elite athletes that may fit into these 4 personality types. Explain why each athlete would fit into this personality type.
Applied Anatomy and Physiology	Muscular system (1hour)	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. The following muscles you must know: <u>Elbow</u> Bicep brachii Tricep brachii

Shoulder

Anterior deltoid
Posterior deltoid
Latissimus dorsi
Pectoralis major
Teres Major

Wrist

Wrist flexors
Wrist extensor

Abdominals

External obliques
Rectus abdominis

Hip

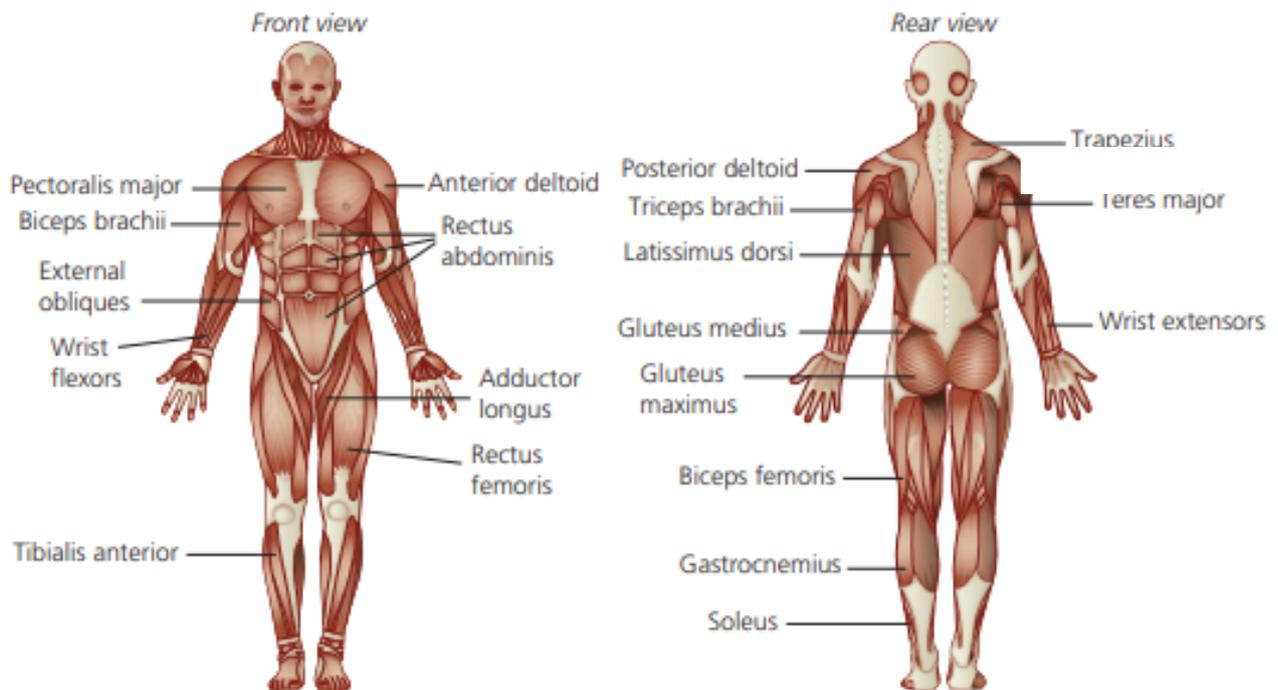
Gluteus maximus
Gluteus medius
Adductor longus

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