

A Level PE Summer Independent Learning Activity

Welcome to A Level PE, please complete the following tasks ready for your first day at New College.

Part 1 – Anatomy & Physiology

1. Watch and make notes on the below video – ‘Joints and movements’

<https://www.youtube.com/watch?v=otHNMOaXSns&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16>

2. Watch and make notes on the below video – ‘Joint actions and Muscles’

<https://www.youtube.com/watch?v=2MOK3NrWTUE&index=2&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16>

Both task 1 and 2 should take a minimum of 1 hour each. You will be tested on the content in September so pause / rewind / repeat the video as many time as you need to ensure you know the content.

Part 2 – Skill Acquisition

1. Watch the following video and design a poster on ‘Skill Classification’ to hand in on your first day at College.

https://www.youtube.com/watch?v=IYcbsd6v7mA&list=PLzh4kOin3WArL_EFstlxY3tGb5JkKkFqS

2. Watch the following video on ‘Practice Methods’ and design a 20 question quiz (with answers on a separate sheet) to give to another student in the first lesson.

https://www.youtube.com/watch?v=UgfQIhepgCQ&list=PLzh4kOin3WArL_EFstlxY3tGb5JkKkFqS&index=2

