



# A-Level PE Holiday Homework



## PHYSIOLOGY – SUMMER 2023 HOMEWORK

This is the biggest part of the course and the syllabus is split into three main areas:

- Anatomy & Physiology
- Exercise Physiology
- Biomechanics

### HOMework TASK 1

- Find a **LARGE** action picture of a sportsman/woman
- Add the following labels to your picture (it is up to you how you do this but keep it as neat as possible)
  - a) Label as many bones as possible
  - b) Label as many joints as possible
  - c) Annotate the movement that is occurring at the joint (i.e. flexion, extension etc) and indicate the direction of the movement
  - d) Label as many muscles as possible

### HOMework TASK 2

- I want you all to think about **competing in a big sporting event** within the next year. For those of you that compete in sports e.g. football this may be a cup final etc. For those of you that don't you may like to think about a running event (race for life / half marathon etc) or another event (school aquathon/swimathon/ walking expedition / triathlon / bike ride / tough guy etc) to give yourself a personal challenge.
- Your task is to **design a 4-week training programme** for that event.

### HOMework TASK 3

- Design a poster to explain the difference between the 3 types of lever (1<sup>st</sup> class / 2<sup>nd</sup> class / 3<sup>rd</sup> class)

## **PSYCHOLOGY – SUMMER 2023 HOMEWORK**

There are three phases of learning that we pass through when learning skills.

**Research and describe the features of the cognitive, associative and autonomous stages of learning. For each stage, you will also need to describe what someone in your sport would look like.**

Your response must be:

- Handwritten
- Contain a minimum of 3 points for each stage of learning

## **SOCIO-CULTURAL STUDIES – SUMMER 2023 HOMEWORK**

### **6.3 - Global Sporting Events.**

**Produce a PowerPoint on ALL of the past Olympics below. You may create this electronically (e.g. PowerPoint or a Video) or it can be completed as a poster. Try and make it as interesting as possible! Images and videos etc.**

- Berlin 1936 – Reich Ideology
- Mexico City 1968 – ‘Black Power’ demonstrations
- Munich 1972 – Palestinian terrorism
- Moscow 1980 – Boycott led by the USA
- Los Angeles 1984 – Boycott by the Soviet Union

### **Key Questions to consider**

What is political exploitation?

Include an introduction about the Games... The year, the logo, the stadium, the host city, the opening ceremony.

What happened at the Games? How were the games used for political exploitation?

What caused this to happen?

What was the background leading up to this issue?

What happened as a result of this political demonstration?

What was the impact of this issue?

Has anything similar happened since?

What is your opinion of this issue?