

A-Level
Physical
Education
Summer
Tasks

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PE

OCR PE SUMMER HOLIDAY HOMEWORK

2020

All 3 pieces need to be given in at the start of your first lesson back (which could be on your first day back!) Remember this is your chance to make a good impression!

PHYSIOLOGY – SUMMER 2020 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 (swimathon / walking expedition / triathlon / bike ride / tough mudder etc) to give yourself a personal challenge.
- Your task is to design a 4 week training programme for that event.

PSYCHOLOGY – SUMMER 2020 HOMEWORK

HOMEWORK TASK 1* *Question: How do we learn?

Your response must include the three theories of learning (Operant Conditioning, Cognitive Theory & Social Learning Theory):

- A minimum of a side of A4 (max 2 sides)

- Explain each theory

- Critically analyse each theory of learning.

Consider - The points that you make / How you explain these / How you can evidence these (What evidence do you have?) (Research this)

HOMEWORK TASK 2 Is your personality determined at birth?

Explain your answer using the three theories of personality (Trait, Social Learning & Interactionist)

SOCIO-CULTURAL STUDIES – SUMMER 2020 HOMEWORK

The following tasks are designed to introduce you to contemporary issues surrounding sport in the UK. You may wish to locate the information you need from newspapers, magazines, television programmes or the internet. If you search the internet make sure that the sites you are using are reputable and that all sources are referenced i.e. you state the website address or the newspaper and date that you gathered the information from there.

HOMEWORK TASK 1

Find and keep an article on the following subjects:

- Drug taking in sport
- Violence in sport (players or spectators)
- Increase in sedentary lifestyles or initiatives to reduce sedentary lifestyles
- Sport and Public (private) Schools.

HOMEWORK TASK 2

Four years ago in 2014 Brazil hosted the Football World Cup. Last summer Rio De Janeiro hosted the Olympics. Brazil is a country with lots of social problems and both events cost millions of pounds to stage.

The worlds spotlight yet again was on Brazil. The term used is the shop window effect - everyone is looking in.

What benefits has/will Brazil gain from hosting these events? What are the negative effects of hosting? What is your understanding and opinion of Brazil as a nation?

Write, in your own words (do not cut and paste from the internet) a short essay answering the above questions.