



Year 12 Summer Task

As preparation before you commence your A Level Physical Education studies it is advised that you undertake the following:

- Be a member of an out of school club in at least one sporting activity. You should be **training** and **competing** regularly.
- Visit the Physical Education pages of the OCR website and familiarize yourself with the support materials available - <https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf> <- Take a look at page 7!

Further Preparation

- Immerse yourself in the sport that is available on television and online. There will be new items, documentaries and programmes on some of sports wider issues as well as elite level live sport. Choose one performer and write an short, noted analysis of their performance. What did they do well? What could they improve on? Then ensure you explain how you would help them to improve their performance and develop upon their weaknesses. This is exactly what will be done during year 13 when we complete our Evaluating and Analysing Performance for Improvement (EAPI) talks.
- Highly recommended films/documentaries to watch are "Icarus", "The Last Dance" and "Free Solo" These documentaries and films support some of the work that you will be doing in each of the three topics. As well as supporting these topics each will develop your understanding of the personality of elite performers, as well as what they put their bodies through in order to ensure that they are at their peak for the longest period of time possible.
- Search 'social learning theory' on Google. Associate your search with 'Bandura' and try to develop a basic understanding of this theory. Bandura underpins a lot of our work in Sports Psychology.