

# Step up to A-Level Physical Education

This is a menu of tasks to help you get ready to study Physical Education at A-level. Try to choose a 'balanced diet' of activities each week to ensure variety in your learning. Keep your completed work organised in a folder so that you can submit your transition work during your first Physical Education lesson.



## Short Video Clips (less than 10 minutes)

Each of these clips offers context for the course. Write down any key details they reveal or inferences you can make from them. List questions the clips raise that you would like to understand more about (aim for 3)?

### Paper 1

<https://youtu.be/ZaOKMXY3quc>



### Paper 2

<https://youtu.be/FP1t1sR9OAw>



### Paper 3

[OCR A-Level PE Paper 3 Revision \(Summer 2024\) - YouTube](#)



## Longer Video Clips, Films or Documentaries

These videos will get you thinking even more about physiological, psychological and socio-cultural issues in Sport. Select one video, record the key points of context or information that you found significant, alongside 5 subsequent questions that the video has spawned.

### Muscles

[OCR A Level PE - Joints, Muscles and Movements - YouTube](#)



### Fibre Types

[OCR A Level PE - Muscle Fibres and Muscular Contractions - YouTube](#)



## Programmes and Podcasts

There is a huge array of sports radio programmes and podcasts available. If you do not have a podcast app, or cannot sign in to BBC Sounds, this would be your first thing to remedy. Below are a few stretching and informative programmes for you to enjoy. Make notes on ½ page of A4 about what you have learnt about the topic of each programme and which opinions you agree with and why.

### Concussion

<https://www.bbc.co.uk/sounds/play/p09tp3dk>



### Women in Sport

<https://www.bbc.co.uk/sounds/play/p08xgzlz>



## Questions to Consider

The questions below are designed to get you thinking more broadly about some of the underlying issues within the course we study in Year 12. Choose a question and try discussing it with somebody else. Then write 500 words exploring different possible responses and explaining your own opinions.

Genetics determines physical performance  
Debate

Males are stronger than females

Failure makes you stronger





**Task:** Read the linked page regarding concussion and complete the activities below.

[Sport-Related Concussion: Evaluation, Treatment, and Future Directions - PMC \(nih.gov\)](#)



Summarise your key findings:

Should heading be allowed in grassroots football?

What further protective equipment could be designed to prevent concussions?



### Books and Other Longer Reads

These books are excellent introductions to the themes we study in Physical Education. They are available to buy and download as e-books.

[https://www.hoddereducation.co.uk/subjects/sport-pe/products/16-18/ocr-a-level-pe-\(year-1-and-year-2\)-student-etextbo](https://www.hoddereducation.co.uk/subjects/sport-pe/products/16-18/ocr-a-level-pe-(year-1-and-year-2)-student-etextbo)



Textbook and Student Workbook

<https://zigzageducation.co.uk/synopses/6728-course-companions-for-ocr-a-level-pe?pod=8383>



Course Companion

