

SIXTH FORM SUMMER TRANSITION TASK

	<u>PHYSICAL EDUCATION</u>	
	Qualification Level	A-Level
	Exam Board/ Syllabus	AQA
	Contact(s)	Mr Maybury

The Tasks:

Overview- Observe and Analyse an Elite performer and compare yourself and the elite performer in **one technical defensive** skill.

You must identify a **defensive skill** that you perform poorly(a weakness of yours) and compare, in detail, to that of an elite performer (who performs the” perfect model “).

Describe the perfect technique for the three phases of that skill (preparation, execution and recovery) and **HOW YOUR PERFORMANCE OF THAT SKILL DIFFERS to the elite performer.**

eg> in the preparation phase , in the clearance header , i do, which has the outcome of.....
However, when Ronaldo prepares to jump he does... which has the affect of.....
In the execution phase i..... etc

The defensive skill **must be taken form area of assessment 2** E.g. Defensive Header, rugby / football tackle, marking in netball, rebounding in basketball(further details of all the sports covered and the defensive skills can be found in the link below). YOU MUST take the skill from the link below:

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF> p42-102

You may choose to observe and analyse an elite performer of your sport from TV footage, Youtube or still images. Using still images /video footage of you carrying out the defensive skill, undertake the following tasks:

After you have analysed your performance and compared it to the perfect model,justify **how improving this weakness would improve your overall performance in your sport**

NOTE:

A major part of the course is Non Examined Assessment (coursework) and as such you are required to gain video evidence of you performing your attacking and defensive skills and applying tactics in competitive situations and applying them in a game /competitive situation.

If you have any competitive games/ situations in your sport prior to the start of the course(particularly if they are summer only sports) please ask someone to video you performing.

Identify yourself to camera and record up to 45 minutes of footage). This footage should show you clearly in the centre of the screen and have zoomed and wider shots to show your individual skills and effect on the game. If you do not have competitive situations (eg if you are a climber), you can video your skills in (please see the link to the specification which highlights which skills you should show).

Using your research answer these two questions:

1. Identify the four main components of Baddeley and Hitch's working memory model.

(Total 4 marks)

2. Within physical education, students may be taught in mixed ability groups. Suggest reasons why a teacher may decide to use insight learning (gestalt) during a lesson rather than operant conditioning.

(Total 4 marks)

3. Outline how plyometrics can assist in their preparation to achieve maximum lift at take-off.

(Total 8 marks)