



**The Ferrers**  
Sixth Form



# A Level PE Transition Tasks

## **Expectation:**

- Complete all tasks

## **Specification:**

- AQA – A Level PE
- <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

# Summer Task:

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## Task 1:



Using a camera you need to take pictures of yourself performing 3 basic skills that are relevant to your chosen practical activity.

For each of those basic skills you need to isolate the three different stages of the action:

- the preparation,
- the execution and
- the recovery.

You need a photo for each of the three stages.

## Task 2:



For each of these 3 stages you need to identify:

- the main muscles as well as the antagonists,
- the bones that they are attached to
- the type of movement at the joint
- the type of muscle contraction

## Task 3:



You need to identify an elite performer in your chosen sport and compare & contrast your technique to theirs in each of the 3 phases. Identify one weakness of yours in each of the three skills and discuss it in comparison to the elite performer.

# Success Criteria:

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## Task 1:

- The photos need to be clear and clearly showing clearly the relevant phase required. You should be the subject for all the photos.
- The photos can be annotated on to illustrate all the points discussed.



## Task 2:

- This needs to be a detailed piece of work. You should aim to produce at least 3-4 sides of A4. The more information you can find on each section the more detailed your overall technical analysis should be and, the more equipped you will be to write your final performance analysis.
- The work should be clearly written in essay style, containing relevant and appropriate terminology showcasing your understanding both of your chosen sport and your level of understanding.



## Task 3:

- When discussing your areas for improvement, they need to be compared to an elite performer in your chosen sport, highlighting the potential impact of those improvements.
- You can superimpose the photographs to compare your technique to that of the elite performer / you can put them side to side and provide clear comparison analysing the impact your technique has in your performance.