



The Thomas Hardy School

Summer Preparation Task

A Level Physical Education

Purpose of tasks:

Practical: To gain experience of analysing sporting performances with the focus on constructive criticism.

Theory: A series of writing activities to apply theoretical content to practical sporting examples.

Tasks:

- *Anatomy and Physiology* - 1 side of A4 (font size 12) written on 'The anatomical and physiological differences between Mo Farah and Usain Bolt'. Refer to at least 3 of the following sections; Skeletal system, Muscular system, Movement Analysis, Respiratory system, Cardiovascular system, Energy systems. Describe how their training methods would reflect their specific requirements.
- *Practical Sports Performance* - 3 hours of volunteering within a sporting workplace (e.g. coaching, physio, nutrition, teaching).

Recommended resources:

Local sports clubs.

Local leisure centres.

Summer sports camps.

Online research.

Exercise physiology literature.

GCSE Revision Guide.

PE Review Magazine

BBC Bitesize |
<https://www.bbc.co.uk/bitesize/exams/pe/ztrcg82>

Sporting Body or National Governing Body Website. For example, the English Football Association www.the-fa.com

Additional information:

Required Stationery and Equipment for A level Physical Education

Popper Wallet folder. Writing equipment such as pens, pencils, highlighters, rulers, glue stick, scissors, etc.

Essential Resources

OCR A Level PE Revision Guide or Textbook. Available for purchase from Amazon UK.

Recommended Extra Curricular Activities:

Involvement within a sporting context both practically and in the role of coach.

Deadline for Task: First lesson in week commencing 14th September 2026.