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| **A Level PE** |

We are asking all students to complete some Independent Preparatory Work over the summer, before they join Year 12 in September. You will need to bring this work to lessons as the content will be assessed through introductory assessments which will be completed within the few first weeks of the new term.

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| **Tasks** |
| 1. Using the information from the induction lesson, research and learn the route of blood around the heart and body. You need to include, names of veins and arteries, as well as all the valves in the heart. 2. Learn the definitions for: 1) heart rate 2) stroke volume 3) cardiac output, 4) minute ventilation 5) tidal volume 3. Research the immediate effects on the cardiac system when exercising, including the key terms above.4. Describe the long-term effects on the cardiac system due to exercise.5. Using your sport, identify 5 core skills and explain 5 key coaching points to improve those skills. (Imagine you are coaching 10 year olds how to perform the skill). Can these skills be broken down into sub routines to help learn them?6. Research how these skills should be learnt practiced 1) massed practice 2) fixed practice 3) varied practice. Why are some skills better learnt if taught in different ways. Are they open or closed skills?7. Find a picture of a skill from your sport and annotate it (eg shot in football). The annotations should include: naming key muscles, bones and joints, movements (eg flexion extension..)  |
| **Extra reading** |
| * OCR A level pe Website
* BBX bitesize can help with some of these tasks
* Study Rocket website (Use google : A level PE OCR)
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