

# **Physical Education Summer Work Booklet**



PETERBOROUGH KEYS  
ACADEMIES TRUST

Select one website from each section and design a power point presentation you could give to a group of students just beginning the A Level PE course. Include on each slide key information/diagrams from the website.

You will create 4 power point presentations.

## **SPORT PSYCHOLOGY**

- Anxiety: <https://www.livestrong.com/article/117970-anxiety-sports/>
- Aggression: <https://howtheyplay.com/misc/Aggression-in-Sport-Theories-and-Examples>
- Motivation: <http://www.pponline.co.uk/encyc/motivation-in-sports-psychology-35892>
- Social facilitation: <https://www.simplypsychology.org/Social-Facilitation.html>
- Group dynamics: <https://www.brianmac.co.uk/group.htm>
- Goal setting: <https://www.brianmac.co.uk/goals.htm>
- Self-efficacy and confidence: <http://believeperform.com/performance/self-efficacy-sport-exercise-determining-effort-persistence-performance/>
- Leadership: <http://believeperform.com/coaching/leadership-and-the-role-of-a-leader-in-sports/>
- Stress management: [http://www.teachpe.com/sports\\_psychology/stress\\_management.php](http://www.teachpe.com/sports_psychology/stress_management.php)

## **SKILL ACQUISITION**

- Skill, skill continuums and transfer of skills: <http://www.iroscoe.co.uk/downloads/roscoe850section2ch5only.pdf>
- Impact of skill classification on structure of practice for learning: [https://getrevising.co.uk/diagrams/types\\_of\\_practice](https://getrevising.co.uk/diagrams/types_of_practice)
- Use of guidance and feedback: [http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2015-16/15-16\\_30/eng/04-preparation/Unit4-guidance-practice-feedback.html](http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2015-16/15-16_30/eng/04-preparation/Unit4-guidance-practice-feedback.html)

## **ROLE OF TECHNOLOGY IN SPORT**

### **SPORT AND SOCIETY**

- Role of technology: <http://www.topendsports.com/resources/technology.htm>
- Violence in sport: <http://www.bodywatch.com/violence-in-sport/>
- Drugs in sport: <https://www.theguardian.com/sport/drugs-in-sport>
- Sport and the law: <https://www.inbrief.co.uk/sports-law/sport-and-the-law/>

## **EXERCISE PHYSIOLOGY**

- Diet and nutrition and their effect on physical activity and performance:  
<https://www.nutrition.org.uk/healthyliving/an-active-lifestyle/eating-for-sport-and-exercise.html>
- Preparation and training methods in relation to physical activity and performance:  
<https://my.clevelandclinic.org/health/articles/improvement-of-performance-through-training-techniques>
- Injury prevention and the rehabilitation of injury:  
[http://www.stopsportsinjuries.org/STOP/Prevent\\_Injuries/Our\\_Resources.aspx](http://www.stopsportsinjuries.org/STOP/Prevent_Injuries/Our_Resources.aspx)