












<p>6th Form Preparation work for A-Level PE OCR – Exam board Week 3 and 4 (Estimated 8-10 hours)</p> <p>Contact: Mr Davis p.davis@ralphallenschool.com</p>	<p> Watch the following clip and make a spider diagram of the different types of practice – make some brief notes/key words for each</p> <p>https://www.youtube.com/watch?v=6YWJ95bHjXU</p> <p><i>Psychology of sport: Practice types</i> Time: 30 mins</p>	<p> Listen. To the podcast on ‘The bare fists of boxing’.</p> <p>https://www.bbc.co.uk/sounds/play/b01bb7jp</p> <p><i>Socio- cultural aspects:</i> Time: 15 mins</p>	<p> Watch</p> <p>IF possible, watch the documentary on Netflix “The Game Changers”. The documentary explores the effects of a non-meat diet in sport. Consider the application of this to a sport of your choice.</p> <p>The Game Changers (on Netflix) <i>Exercise Physiology:</i> Time: 1 hour 25 mins</p>
<p> Watch the Ted Talk “inside the mind of a champion”, which explores the types of strategies elite performers use to prepare psychologically</p> <p>https://www.youtube.com/watch?v=yG7v4y_xwzQ</p> <p><i>Psychology of sport</i> Time: 13 mins</p>	<p> Listen to the podcast “Pressure” from Don’t Tell Me the Score. Sport Coach Dave Alred, who has worked with Jonny Wilkinson, talks about ways to deal with pressure.</p> <p><i>Psychology of sport</i> https://www.bbc.co.uk/programmes/p0863ppx</p> <p>Time: 1 hour 18 mins</p>	<p> Find a You Tube clip of one of your favourite sportspersons performing and note down 3 strengths and 3 weaknesses of them as player in relation to</p> <ul style="list-style-type: none"> • Skills • Fitness • Tactics <p>* You could do this in table form <i>Practical coursework NEA</i> Time: 30 mins</p>	<p> Watch</p> <p>Note: There are a lot of videos on you tube, type in agonist and antagonist.</p> <ul style="list-style-type: none"> • Agonists and Antagonists • Anatomy 7 - Agonist V Antagonist muscle pairs <p>You could also revisit: James Morris Muscular System on you tube and listen to his presentation. <i>Exercise Physiology:</i> Time: 45 mins</p>
<p> Watch the Ted Talk “inside the mind of a champion”, which explores the types of strategies elite performers use to prepare psychologically</p> <p>There is also a further TED Talk on ‘secrets of elite athletes – Kenn Dickinson’ – that is worth a watch</p> <p><i>Psychology of sport:</i> Time: 40 mins</p>	<p> Complete: Task: What are the antagonistic pairs of muscles at each of these joints: shoulder, ankle, elbow, wrist, hip and knee joint. Write out in table form</p> <p><i>Exercise Physiology:</i> Time: 1 hour</p>	<p> Complete: Following on from watching the clip about the Olympics...</p> <p>https://www.youtube.com/watch?v=CtLeRZ4_2Tk</p> <p>...make notes on your 5 top Olympic stories. This could be because of amazing performances or because of political exploitation.</p> <p><i>Socio- cultural aspects:</i> Time: 1 hour</p>	<p> Complete Task: For the below exercises list the agonistic muscles involved.</p> <p>Squat Downward Phase: Squat Upward Phase: Sit up Downward Phase: Sit up Upward Phase: Bicep Curl Upward phase: Bicep Curl Downward Phase: Heel Raise Upward Phase: Heel Raise Downward Phase: <i>Exercise Physiology</i> Time: 1 hour</p>