



A Level Physical Education

Pre-course work



Pre-course expectations

Success in Sixth Form is largely a function of the amount and quality of independent study you carry out; here's a chance to help you get the very best start to your course. We would like you to complete the work described below and hand it in to your teacher in your first lesson in September. If you have made a late change to your timetable, please complete this work within the first week of starting the course. The work should take you 2-3 hours.

Details of pre-course work

We would like you to follow the link and complete the Stretch it Tasks ready for a September start.

Resources to help you with this work

www.topendsports.com

www.pponline.co.uk

www.sport-fitness-advisor.com

www.bases.org.uk

PE for A Level Year 1 Honeybourne (2016)

Burton D and Raedeke T D –Sport Psychology for Coaches (Human Kinetics, 2012)
ISBN 9780736039864

British Olympic www.olympics.org.uk Association

Disability Sport England www.disabilitysport.org.uk

International Olympic www.olympic.org

International Paralympic www.paralympic.org

Sport England www.sportengland.org

Stretch yourself

Complete the task, and read a book which is applicable to the curriculum. Suggestions include, but are certainly not limited 'Bounce' by Matthew Syed 'Outliers' Malcolm Gladwell 'The Talent Code' – Daniel Coyle 'The Secret Race' Daniel Coyle