

## Summer Task

**Title:** The Application of Theory and Practice in Sport

- a) Select an image of a sports performer (see the example below). This should be a performer/performance situation in your chosen sport.
- b) Once you have selected an image you should produce a document that includes information in the following sections of the syllabus:
  - Anatomy and Physiology (could include muscles, bones, heart, lungs, movement analysis)
  - Skill Acquisition (could include goal setting, personality, skill)
  - Socio-cultural Studies (could include the history of sports, modern Olympic games, commercialisation)

For each of the above you should select **three areas** from the specification (summaries available on the course website – link above) that you feel can allow you to demonstrate a good understanding of your sport. Any additional research or information you can add to support your understanding is welcomed.

Also include:

- Introduction
- Summary of each theory section with a title for each
- Diagrams to support understanding
- References presented at the end of your work

### Example Image for NETBALL



Your work is due in on the first lesson back after the summer holidays.

If you have any enquiries about A Level Physical Education, please do not hesitate to contact the PE department:

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