

Hayesfield

MIXED SIXTH

PE 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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