Reading lists and Preparation Tasks

To ensure an excellent start to your AS course it is important to take some time over the summer holidays to practice your skills and develop your understanding of the A-level course content.

**Reading:**

Students can read around the subject, view the syllabus and gain access to both past exam papers and mark schemes by visiting:

<http://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7581>

**Sport and PE: A complete Guide to Advanced Level Study** by Kevin Wesson, Graham Thompson, Nesta Wiggins-James and Sue Hartigan.

**AS PE for AQA (A Level PE for AQA)** by Mr Rob James, Mr Graham Thompson and Nesta Wiggin-James. (New specification book yet to be confirmed – this is the current one).

**Friday Night Lights: A Town, A Team and a Dream** by H. G. Bissinger

**Task 1**

Impact of physical activity on the health and fitness of a performer – Create a table that states different impacts physical activity can have on health and what diseases it can help to prevent. Add a column to do exactly the same as above but with reference to fitness.

**Task 2**

Research the heart and draw / label it.

Using different coloured arrows draw the movement of blood and write an explanation below to state how it moves and what causes blood to be pumped around the body at different speeds.

Your first lesson in September will involve setting up your folder to ensure you know how to manage your notes and revision. You will also have a short quiz on the summer tasks to see how much you have learnt.

The expectation is that you will continue with two sports outside of school to ensure that you can choose between the two grades and take the best grade forwards. This needs to be continued for the entirety of the course to ensure that your practical grade is as good as it can be, to allow the best possible grade to be achieved. Video footage of this (if you play a summer sport) should try to be gained over the summer so that you already have it available to use for your assessment.

Best of luck with your exam results and we look forward to seeing you in September.