

Year 12 Transition

Welcome to Nailsea Sixth Form



KS5 Subject: **Physical Education**

Objectives for Transition Tasks:

- To start to develop expected 6th form study skills, including independence
- To culture an interest and passion for your chosen subject through enquiry
- To learn core concepts of the subject to use in your studies

Watch:

1. Applied anatomy and physiology- Cardiovascular system

https://www.youtube.com/watch?v=hpQFToprIH8&ab_channel=ArmandoHasudungan-first (watch first three minutes only)

2.Skill acquisition- Skill, skill continuums and transfer of skills

<https://www.bbc.co.uk/bitesize/guides/zy7wmnb/revision/2>
<https://www.jroscoe.co.uk/downloads/roscoe850section2ch5only.pdf>

3.Sport and society-Industrial revolution

https://www.youtube.com/watch?v=MzmnTILcbyQ&ab_channel=ThePETutor

https://www.youtube.com/watch?v=hIVqhj9d4Os&ab_channel=JamesMorris

https://www.youtube.com/watch?v=7QL_uG2GSZo&ab_channel=Olympics



Read:

1.Applied anatomy and physiology- Cardiovascular system

<https://www.teachpe.com/anatomy-physiology/heart-rate-cardiac-volumes>

2.Skill acquisition

<https://www.brianmac.co.uk/continuum.htm>

3.Sport and society-Industrial revolution

https://www.hoddereducation.co.uk/media/Documents/magazine-extras/PE%20Review/PE%20Rev%20Vol%209%20No%201/PERev9_1_History-revision.pdf?ext=.pdf

https://www.jroscoe.co.uk/downloads/as_a1_revise_pe_aqa/AQAAS_A1_ch7_answers.pdf



Independent Task (to be submitted):

Your course has three sections for which you will have three different experts developing your knowledge. Therefore, you have three tasks to complete. Each task to be completed on a separate piece of paper

- Write a paragraph to describe what cardiac output is. Describe how and why this is different for a trained (elite performer) and untrained person. Use examples to demonstrate your understanding.
- Draw out 4 skill continuums with examples of skills that you would place on these with explanations below of why

you have put them where you have.

- Create a timeline to show how sport and society changed from pre-industrial Britain (pre-1780) to post-industrial Britain (1780–1900). This should include how it affected different classes in society, how they lived, what sports/physical activity they were involved in.



Aim Higher Task:

Deepen your knowledge **in one** of the following topics

Applied anatomy and physiology- Cardiovascular system-

Create an A4 poster to show your understanding of the impact of physical activity and sport on the health and fitness of the individual covering heart disease, high blood pressure, effects of cholesterol, and stroke.

Or

Sport and society-Industrial revolution

Create a poster to show your understanding of the impact Dr Thomas Arnold had on the rationalisation of sport.



DEADLINE FOR TRANSITION TASK: Please bring to your first lesson in September.