

## PE Transition Work

Hello all our budding new A level PE students – we are super excited to be teaching you next year. We are biased but it truly is a great course to do at The Holt School.

30% of the content for A Level PE is Applied Anatomy and Physiology, Exercise Physiology and Biomechanics. There is quite a bit of content in these sections but some of it does relate to GCSE PE which is fantastic. It was extremely helpful to us when they changed GCSE PE to include more science as now it isn't such an enormous step up for content as it once was. However, saying this, we need to be on the best footing moving into A Level PE so you must be really confident with the content of paper 1 from GCSE PE.

There are links to both the GCSE PE and A level PE specifications below - we would like you to get a highlighter and compare the two specifications for sections named above. Pick one colour and highlight the content which is the same or very similar (obviously A level will have more content or more advanced content but the GCSE content forms a basis for this). It is your decision whether you print it or use a highlighter tool on a computer. We would then like you to review your GCSE revision notes you made for these particular highlighted sections. If you didn't get round to making any notes due to us all going home in March, then please make revision notes for these areas.

When you come into the lessons in year 12 we expect you to know this GCSE content inside and out, we don't have time to cover this again, only build upon it. These sections are fantastic so we would love for us all to enjoy it together!


GCSE PE link (page 7-15 needed):

<https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2016/Specification%20and%20sample%20assessments/GCSE-physical-education-2016-specification.pdf>

A Level PE link (page 5-20 needed):

<https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

An example of what we mean:

Topic Area	Content
Analysis of movement 	<ul style="list-style-type: none"> <li>analyse movement with reference to: <ul style="list-style-type: none"> <li>joint type</li> <li>movement produced</li> <li>agonist and antagonist muscles involved</li> <li>type of muscle contraction taking place.</li> </ul> </li> </ul>

Each of these are from different specifications but you can clearly see that you need to know joint types for each specification, movement produced at the joints and agonist/antagonist muscles. This then can all be highlighted. We haven't, however, matched type of muscle contraction so we do not have to highlight it.

What students need to learn	
1.1.5	Movement possibilities at joints dependant on joint classification: flexion, extension, adduction, abduction, rotation, circumduction, plantar-flexion, dorsi-flexion and examples of physical activity and sporting skills and techniques that utilise these movements in different sporting contexts
1.1.6	The role of ligaments and tendons, and their relevance to participation in physical activity and sport
1.1.7	Classification and characteristics of muscle types: voluntary muscles of the skeletal system, involuntary muscles in blood vessels, cardiac muscle forming the heart, and their roles when participating in physical activity and sport
1.1.8	Location and role of the voluntary muscular system to work with the skeleton to bring about specific movement during physical activity and sport, and the specific function of each muscle (deltoid, biceps, triceps, pectoralis major, latissimus dorsi, external obliques, hip flexors, gluteus maximus, quadriceps, hamstrings, gastrocnemius and tibialis anterior)
1.1.9	Antagonistic pairs of muscles (agonist and antagonist) to create opposing movement at joints to allow physical activities (e.g. gastrocnemius and tibialis anterior acting at the ankle -plantar flexion to dorsi flexion; and quadriceps and hamstrings acting at the knee, biceps and triceps acting at the elbow, and hip flexors and gluteus maximus acting at the hip – all flexion to extension)

Please contact Miss Elford if you have any queries on [g.elford@holt.wokingham.sch.uk](mailto:g.elford@holt.wokingham.sch.uk)

You may also contact Miss Shephard if you have any Physiology related questions on [c.shephard@holt.wokingham.sch.uk](mailto:c.shephard@holt.wokingham.sch.uk)