

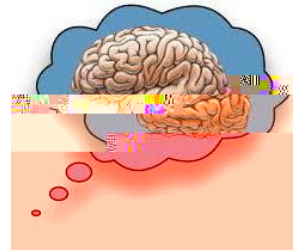


Y12 A Level Physical Education Summer Independent Learning Activity

Your SIL for A Level PE has 3 parts.

Task 1 - Metacognition and Retrieval - This links into the metacognition and revision strategies that you will have been made aware of during your first year at college. It focuses on Exam style questions taken from the specification and will help you prepare for your progression exam in September. There are 2 questions in here which are preview questions and require a little more thought (ie. topics you will cover in September) and require you to research first.

Replay the metacognition videos listed





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1. A football player will use their knee joint and the quadriceps group of muscles to perform a powerful clearance kick.

Identify **one** of the quadriceps muscles and the type of synovial joint at the knee.

Outline the functional role and type of contraction in the quadriceps muscle during the preparation and execution of the kick.

Physical Education (A level)

Y12 Summer Independent Learning

Chris Davies

Please note that you may see slight differences between this paper and the original.

Candidates answer on the Question paper.

OCR supplied materials:

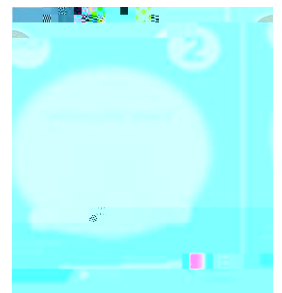
Additional resources may be supplied with this paper.

Other materials required:

- Pencil
- Ruler (cm/mm)



Duration: Approximately 2 hours



Candidate forename		Candidate surname	
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Centre number							Candidate number				
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INSTRUCTIONS TO CANDIDATES

Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.

Use black ink. HB pencil may be used for graphs and diagrams only.

Answer **all** the questions, unless your teacher tells you otherwise.



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- (c). Explain the cardiac cycle of the heart using the following key terms:
- Atrial systole
 - Ventricular systole
 - Diastole



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2(a).



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Competitive



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[1]

(b).



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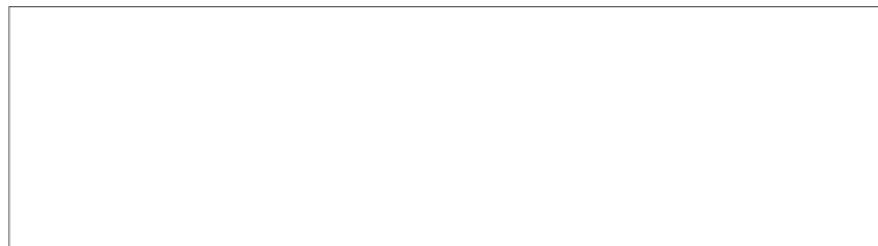
- ii. At what velocity must a 100 kg athlete run to have the same momentum as calculated above?

[1]

- (d). Describe how the force of weight acts on a sporting body. Using examples from sport explain **three** factors affecting air resistance.

[5]

- (e). i. Sketch a second class lever system in the box below, and identify the effort arm and load arm.



- ii. Describe a sporting example of a second class lever system in the human body.

[1]



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iii.



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1(a).

Using practical examples from sport, explain how operant conditioning affects the learning of motor skills.

[4]

(b). i.



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ii.



Y12 A



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- ii. Successful goal setting includes goals that are specific and recorded.

Using a sporting example, explain the **three other** elements of the SMART principle of goal setting.(3)



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2012/13	41.4	31.9
2015/16	40.5	31.9



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- (d). Explain how the Olympic Games of 1936 in Berlin and 1968 in Mexico City were exploited for political reasons.



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Preview - 20 Mark Questions

Complete the 3 x 20 Mark Exam questions below. These will link in to the start of your Year 13 course where we will look at the structure and organisation of extended answer responses.

You should aim to write at least 1



Y12 A Level