

PE teachers will be making regular contact with students via teams throughout the summer with resources and assignments for students to be using in their preparation for A-level PE next year. Some resources have been sent out already and we will add any students who will be studying PE for the 1st time in September to these teams so that you are kept updated as well.

Below are a selection of resources that could be used to help students stay engaged so that they are as well prepared for the rigours of A-level PE as possible

To Watch

There are a variety of excellent sports documentaries on Netflix and Amazon prime which relate to many of the topics studied. A comprehensive list has been sent to students already on teams but here is a selection of must-see series. Watching films or documentaries can provide much needed context to the areas of study and practical examples that students can use in their discussion of sport.

- The English Game (History of Sport)
- Icarus (Drugs in Sport)
- Eat Race Win (Nutrition)
- Fast Ball (Biomechanics, physiology)
- Film – Moneyball (Performance Analysis)
- All or nothing series' – e.g Manchester City, The All blacks
- Fittest on Earth (Anatomy & Physiology, Exercise & Training)
- The Test (Sports psychology, Sports Coaching)
- Fittest on Earth – A Decade of Fitness (Exercise & Training)
- Film - When we were Kings

Youtube is also an excellent resource for sport specific material like match highlights, coaching sessions or links to sports science and if used wisely can help students build contextual knowledge and a bank of sporting examples to support theoretical concepts.

To Read

Edexcel A-Level PE Course Companion & Topic on a Page – these excellent online resources have been sent to the year 11 GCSE PE classes on teams, and require a password to access them (also sent on microsoft teams). Read through the course content for each unit and check your understanding with the summary questions and answers.

Textbooks – Although Edexcel have not produced a textbook for the course students are encouraged to purchase all/some of the following resources.

- AS Revise PE for Edexcel 3rd edition (Roscoe & Roscoe)
- Sport & PE: A Complete Guide to Advanced Level Study (Wesson, K., et al.)
- A2 Revise PE for Edexcel 3rd edition (Roscoe & Roscoe)
- Physical Education and the Study of Sport (Davis, R., et al. (2000))

Inside Track – An online magazine designed to support the teaching of Pearson GCE PE (2016) specification (search 'inside track edexcel a level pe' in google) for articles on current issues in sport and aspects of the specification as well as guidance and feedback for students from the examiners.

Additional reading – For some lighter reading here are a selection of recommended books: read any sports autobiography (e.g Kevin Pieterston – *KP*, Kobe Bryant – *the Mamba Mentality*, Phil Jackson - *11 Rings*, Luis Suarez – *Crossing the Line*, Andre Agassi - *Open*); Matthew Syed books – *Bounce* or *The Greatest*; David Epstein – *the Sports Gene*; H.G Bissinger – *Friday Night Lights*; Nick Hornby – *Fever Pitch: A Fan's Life*.

Websites -

- Exercise & Training: www.brianmac.com;
www.topendsports.com
- Elite Sport – English Institute of Sport
www.eis2win.co.uk & UK Sport – www.uksport.gov.uk
- NSCA – National Strength and Conditioning Association
– www.nasca.com
- National Governing Body Websites – e.g www.rfu.com,
www.thefa.com, www.englishhockey.co.uk
- Benefits of physical activity – www.sportengland.com
- Peak Performance – www.peakendurancesport.com
- British Association of Sport and Exercise Science – BASES – www.bases.org.uk
- BBC Bitesize – PE - www.bbc.co.uk/bitesize
- www.bbcsport.co.uk
- The Guardian Sports Blog -
<https://www.theguardian.com/sport/blog>

Fitness / Staying Active – There are several fitness and exercise apps available which offer sample workouts to help you remain active – check out Darebee.com or the Nike Training App and get started on one of the thousands of sample workouts. It would also be very beneficial to get out running or cycling using tracking apps like Nike Run Club, Strava, Map My Run or Runkeeper. These apps will record key stats like distance run, pace, speed, calories burned and will map your run so that you can get a taste of how technology I used to track and monitor performance in sport.

Twitter account – please sign up to Twitter and follow @LangleySport – here you will find a variety of sport specific resources produced by the Langley PE staff such as Mr Purdy’s Garden Rugby Skills, Mr Batten’s Garage Cricket or Mr Brennan’s weekly challenges – you can also view these on youtube.

Sample Assignments – if you fancy putting a project together here are a couple of ideas which could really help you stand out next year.

- Identify a key skill that is required to play your sport / position effectively e.g a cover drive. Research the key technical components that are required to complete that skill perfectly – what are the key coaching points? Produce a document explaining the key technical components. Video yourself performing the skill and use an app like *hudltechnique* or *Slowmo* to analyse your performance. You could compare your performance against an elite performer to analyse your strengths and weaknesses, and include them in your assignment.
- Keep a record of everything you eat in one week and analyse your diet. Write down the key components of a balanced diet and explain how you might manipulate / change your diet to make it more suitable for a sports performer. Can you come up with an ideal dietary plan for your sport to help you stay correctly energised and recover effectively. Check out quins.com and their nutrition guide *Eat well. Train Hard. Perform Better* to support you with this work.
- A vital and often overlooked aspect of optimum sports performance is sports psychology and at the very highest level mental toughness might be the difference between success and failure. Research the concepts of self-confidence, motivation, anxiety and choking, group cohesion, concentration and flow (playing in the ‘zone’) and how they can help maximise performance. What strategies might an athlete use to help them achieve optimum psychological functioning during sport (e.g using coping strategies for anxiety, visualisation and mental rehearsal). An excellent website for articles on sports psychology is believeperform.com
- If you enjoyed completing the personal exercise program during your GCSE study why not take your training program to the next level. Using some of the websites or apps listed in this document put together your own training program specially designed around your individual needs which will prepare you for when we finally get back out on the sports field and put you ahead of your competitors. Don’t forget to apply your knowledge of exercise and training (application of principles of training, use of training zones / intensity of training, monitoring training using HR / RPE) to put together the most effective program. Carry out regular testing to ensure you are making progress, set yourself a SMART goal to increase your motivation, and stay committed to your training each week by setting a training plan.
- Become an expert in the history of sport. Modern-day sport as we know it (with teams, rules, ethics etc) was invented in Britain in the late 1800s and developed significantly throughout the 20th century. Find out how sport went from popular recreation (enjoyed by the upper classes) and mob games (played by the peasants) during the 1800s to the modern day spectacle which we see on our televisions with commercialisation and professionalism at the forefront. Alternatively take a look at the history of the Olympic Games – who invented the modern Olympic Games, can you learn the host cities of each Olympic Games since 1896 and compile a list the major sporting highlights / controversy in each of the Games up to now. This information will be invaluable to the Sport and Society aspect of the A level.