



Physical Education

Key skills developed in this work:

- Analytical
- Research
- Evaluative
- Quantitative
- Qualitative
- Reading and comprehension

Research work areas:

Students who do well at A-level PE have a great understanding of various sports and surrounding issues within sport and its impacts on performance and the wider society. Researching and completing the tasks below will enable them to gain a deeper understanding around these 4 topic areas covered in the Specification:

- Exercise physiology, performance analysis and training
- Sports psychology
- Skill acquisition
- Sport and Society

Website links:

<https://www.scienceforsport.com/>
<https://www.brianmac.co.uk/>
<https://www.teachpe.com/>
<https://www.peakendurancesport.com/>
<https://www.simplypsychology.org/bobo-doll.html>

Appropriate additional reading/viewing:

Documentaries, Films and Books

Read or watch some of the books, documentaries, films and series below and make some notes about the topics that they cover, the questions that are asked, the issues that are raised. Many are available online, through eBooks, Netflix, Amazon Prime, BBC iPlayer and YouTube.

Books	Films /Series/ Documentaries
Sports Gene	Tom Browns School Days
Wheelmen	The English Game
The Secret Race	Blindside
Its not about the Bike	Death of a Gentleman

Alex Ferguson	Gascoigne
Kobe Bryant	Sir Boddy Robson: not just a manager
Touching the Void	The last Dance
Roy Keane	Gamechangers
Born to Run	Hoop Dreams
Michael Jordan: The Life	Icarus
I am Zlatan Ibrahimovic	The class of 92
Sashin Tendulkar:Playing it my way	Ronaldo
No Spin Shane Warne	Messi
The boys in a boat	The Carter Effect
Rafa	The Short Game
Tiger Woods	Maradona
Ben Stokes on Fire	Apache
	Senna
	Fire in Babylon
	Barca Dreams
	The Test:A new Era for Australias team
	The Final Quarter
	Australian Dream
	All or Nothing Manchester City
	Free Solo:The Edge
	Last Chance U
	Cheer
	Managing England: The Impossible Job
	Riding Giants
	Facing Ali
	Bend it like Beckham
	Chariots of Fire
	Rush
	The dammed United
	Tiger Woods: The Rise and Fall

Tasks to complete:

Students who are interested in PE should watch/read at least one of the documentaries/books a week:

[Bridging the Gap.xlsx](#)

Then complete a synopsis on each piece that focuses on the four research topics outlined above make notes of all the key facts that relate to these areas.

Students can also complete these quizzes:

<https://www.teachpe.com/gcse-revision-quizzes>

Or these worksheets:

<C:\Users\phil.thompson\OneDrive - Cayman Prep and High School\Bridging the Gap>

Other:

Although students cannot compete in sport at the current time, PE students should be completing a minimal 60 minutes a day of moderate to high intensity exercise a day.