

# A level PE Induction Work

## Overview:

Hello and welcome to OCR A-Level PE at Hardenhuish. We are really pleased that you have chosen to study A-Level PE and we are sure that you will find the course interesting, engaging, and challenging. The following induction work has been designed to give you an insight into what studying A-Level PE will be like.

## What work is being set?

We would like you to:

1. Create a sporting CV that outlines your sporting history and highlights your successes.
2. Read through the specification which explains how the course is set up and assessed and illustrate this content in your own way.
3. Study a specified topic and create your own revision resources (flash cards, mind maps etc) and answer a couple of exam style questions based on this topic.

## Task 1 - Sporting CV

15% of your overall grade is assessed via your practical performance in a chosen sport. To gain the highest possible grade in this section you need to be competing regularly and ideally to a high standard (not just playing for the school teams). At A-Level you are only going to be assessed in **one sport**. Sports you could choose from can be found here [OCR AS and A Level Physical Education NEA Guide](#)

To give us an idea of your level of competition and how much you compete we would like you to produce a sporting CV. It should include:

- an introduction outlining your name, age and which sport you would like to be assessed in (you can change your mind later)
- a brief history of your involvement in all sports from Year 7 upwards
- an outline of the level of competition you currently play at in your chosen sport
- information about how regularly you participate in this sport (include training and competitions)
- relative recent performances e.g., Last season I played football for Chippenham. I played every game and scored 7 goals during the season. I was also nominated as Player of the Season. I have achieved Representative Honours for Wiltshire Football U16 2019/2020 season and have played 5 games.

**Task 2 – Outline of the specification** [OCR A Level Physical Education Specification H555](#)

Click on the link above and study the specification. This outlines the content you will be expected to learn during the AS and A2 course. In your own way, illustrate the information so you are clear about the topics you will be covering during AS and A2. Try to be creative and use colour to help. It doesn't need to be in great detail but should include all the topics. Please bring this with you to the first lesson in September.

**Task 3 – Topic work** [Mechanics of breathing - Pre lesson - YouTube](#)

Click on the link above and watch the lesson on the mechanics of breathing. This is one of the topics you will be studying in the Anatomy and Physiology area of the course. Create revision notes/flash cards on the topic and bring this with you to the first lesson in September.

Next, please answer the following exam style question:

1. Describe the mechanics of breathing for inspiration at rest. (4)

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2. Table 6.2 shows the lung volumes of an untrained and a trained individual at rest and during maximal exercise with some missing values, A, B and C

<b>Untrained individual</b>	<b>Rest</b>	<b>Maximal exercise</b>
Breathing frequency	<b>A</b>	40 breaths/min
Tidal volume	0.5 litres	2.5 litres
Minute ventilation	7 litres/min	100 litres/min
<b>Trained individual</b>	<b>Rest</b>	<b>Maximal exercise</b>
Breathing frequency	12 breaths/min	50 breaths/min
Tidal volume	<b>B</b>	<b>C</b>
Minute ventilation	6 litres/min	150 litres/min

(i) Using the data in Table 6.2, calculate A, B and C.

A .....

B .....

C .....

[3]

(ii) Explain why the minute ventilation of the trained individual is lower at rest than that of the untrained individual.

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These tasks are for you to complete during the summer. They shouldn't take too long but will give you some additional understanding of the course before you start lessons in September. It will also give you an opportunity to show us you are committed to the course from the start!

If there are any problems or you need any support, please e-mail [hfc@hardenhuish.wilts.sch.uk](mailto:hfc@hardenhuish.wilts.sch.uk)

See you in September,

Mrs Colquhoun