

Physical Education

Preparation work for Year 12 PE

(Any questions please email: dheron2nrw@nsix.org.uk)



In order to prepare yourself for year 12 you are going to complete the following task. This task will need to be submitted at your first PE lesson in September. As part of your course you will be assessed in 1 practical activity from the list below.

Association football
Amateur Boxing
Athletics
Badminton
Basketball
Camogie
Canoeing
Cricket
Cycling
Dance
Diving
Equestrian

Gaelic football
Golf
Gymnastics
Handball
Hockey
Hurling
Kayaking
Lacrosse
Netball
Rock Climbing
Rowing
Rugby League

Rugby Union
Sculling
Skiing
Snowboarding
Squash
Swimming
Table Cricket
Table Tennis
Tennis
Trampolining
Volleyball

Whichever practical activity you decide to be assessed in you will need to produce 2 pieces of evidence for September.

1. Practical Performance Analysis:

- You will need to observe a performer (At least 15 minutes) in the activity you will be assessed in. This could be an actual observation (YouTube video) or reflection of your own performance. You will need to produce a video or sound file with a verbal analysis of the performance (Between 10 - 15 minutes). This must include:
 - Skill strengths **AND** weaknesses of the performer observed
 - Tactical strengths **AND** weaknesses of the performer observed
 - Fitness strengths **AND** weaknesses of the performer observed
 - Create a 6-week action plan to include:
 - Identification and justification of why you have chosen the weakness to improve
 - Detailed coaching points of the skill you have chosen to improve. Include Joint names, muscle names, muscle roles and articulating bones.
 - Minimum of 4 practices to progress from closed to open on the environmental continuum to improve the weakness.

2. Practical Performance Log:

- Create a performance log for your main activity for 2019-2020 using template provided

3. Additional bridging Work:

- Complete your 2 GCSE Revision booklets and then mark using the answers on the back. Add scores for each topic to the top of the page. In September you will need to bring your booklet and have all 25 scores. **DO NOT CHEAT...** we are interested in what you know and where gaps in GCSE knowledge are. If you don't have a copy use the copy on the website and write your answers on lined paper by writing the title, task and number (Margin) with your answers. You will still need 25 final scores for this.