

Sixth Form Enrolment Task
Subject - Physical Education
Independent Learning Task

Due to be handed in on The 1st PE lesson of the 2nd week of term.

Learning Objectives:

LO1. SKILL ACQUISITION

Develop an understanding of the classifications of skill.

LO2. COURSEWORK

Self evaluate your MAIN practical activity and identify at least three main skill strengths and three main skill weaknesses.

LO3. COURSEWORK

Describe the perfect model for TWO of the above skills selected.

LO4. ANATOMY and PHYSIOLOGY

Complete a movement analysis on one of the chosen skills.

Success/Assessment Criteria:

LO1. Students will identify up to 7 skill continuums. They will be able to place all/most/some of the skills in their MAIN activity along the continuums and justify their reasons.

LO2. They will identify relevant strengths and weaknesses and accurately justify why.

LO3. They will describe how two of the identified skills are performed at elite level using between 5-7 bullet points. This will include the phases of preparation, execution and recovery.

LO4. The movement analysis will identify the types of movements required at different joints and which muscle/bones are involved in the movement of one of the selected skills.

Resources to support work

Skills for each activity can be found on the OCR website in the G451 coursework guidance booklet

GCSE folders

Google

'Get Revising' website

Explanation of Task to be completed

PLEASE ANSWER EACH OF THE FOUR SECTIONS ON SEPARATE SHEETS OF PAPER.

1. Research the 7 skill continuums and list/explain them. Use diagrams and examples if it helps. Identify KEY skills from your MAIN practical activity (the one you are likely to get the highest score for at A level - see OCR coursework G451 booklet for activities/skills). Place these skills along EACH of the 7 continuums.
2. Evaluate your own performance in your main activity and from the skills selected above, identify which are strengths and weaknesses and justify why.
3. Choose TWO of these skills and describe how the particular skills are performed at elite level. Try to respond by listing points which are broken down into the phases of preparation, execution and recovery.)
4. For ONE of these skills identify the types of movements which will be required to perform the skills. Make reference to use of joints, muscles/bones which will be involved in the movement. Include 'types' of movement where relevant (flexion/rotation etc.)

This work is important because it covers subject content from the theory modules and forms the basis of the verbal coursework task.

If you do this you will then have a basic understanding of some of the key principles and be able to apply it in some of the introductory lessons.