



**A-Level Physical Education**

# **A-Level GCE Physical Education**

**Summer Homework Booklet 2017-18**



**Name** \_\_\_\_\_

**A-Level PE Group** \_\_\_\_\_



## **How to use this booklet – READ FIRST!**

**This book has been designed to assist your study on A-Level Physical Education! If you use it correctly, it will give you plenty of advanced knowledge to start your learning in September 2017.**

**You need to spend some time completing the booklet, and answering to the best of your ability. You can use the internet, text books or work with other students to complete the questions set.**

**You will also need to watch the following three Youtube videos to help you answer the questions:**

<https://www.youtube.com/watch?v=Ahh5YqehOhM&list=PLDE23B35AACC71C9C&index=1>

<https://www.youtube.com/watch?v=IM33piyAyZo&list=PLDE23B35AACC71C9C&index=2>

<https://www.youtube.com/watch?v=F-gVy8wXUvU&list=PLDE23B35AACC71C9C&index=3>

**You need to bring the COMPLETED booklet to the first A-level PE lesson in September.**

**Failure to bring the booklet will mean a disciplinary mark against your name, and could be taken further within college policy. It will also put you behind in your study for this year's course.**

# Practical Assessment Details

For 20% of your A-level PE grade, you are required to perform practically.

Please select **one sport** you wish to be assessed in, and complete the following **two tables** in as much detail as you can.

You must also provide some **comments from your present Coach** stating your ability as a performer in this sport (the more detail the better).

**Table 1 – You and Your Sport**

<b>Selected Sport for Assessment (e.g. Netball)</b>	
<b>Playing Position (s)</b>	
<b>Club Played For</b>	
<b>League Playing in (presently)</b>	
<b>Age Group (u16's / u18's / Adults etc.)</b>	
<b>Club Captain (Y/N)</b>	
<b>Name of Club Coach</b>	
<b>Club Coach Comments on Performer (to be completed by the Coach, continued over)</b>	

Club Coach Signature	

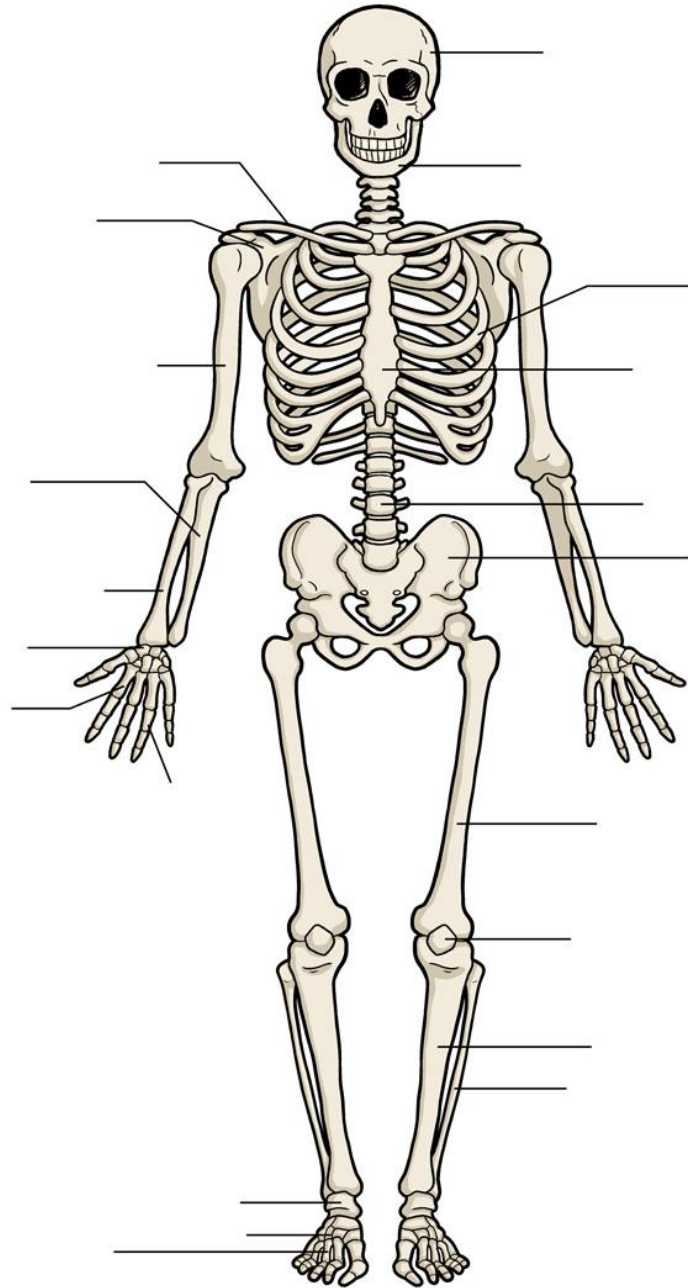
**Table 2 – Representative Honours for your Sport**

<b>School representation</b> (e.g. Dorothy Stringer Netball team)	
<b>County Representation</b> (e.g. Sussex Athletics squad)	
<b>Local Area Representation</b> (e.g. Brighton and Hove Development Centre)	
<b>Regional Representation</b> (e.g. South of England Gymnastics)	
<b>National Representation</b> (e.g. England Schoolboys Football)	
<b>Any other representative side played for</b> (Centre of Excellence centre etc.)	

**Failure to complete these tables accurately may affect your suitability for this course, so please complete this carefully.**

# Anatomy and Physiology

## Section A: The Skeletal System



**QA1:** Use the **bones** below to label the diagram:

Cranium	Rib	Humerus	Femur	Metacarpals
Mandible	Vertebral Column	Ulna	Tibia	Metatarsals
Sternum	Pelvic Girdle	Radius	Fibula	Phlanges
Clavicle	Scapula	Carpals	Talus	Patella

**QA2: What are the five main functions of the skeleton?**

1. ....
2. ....
3. ....
4. ....
5. ....

**QA3: Describe the following classifications of joints, and give an example of where these would be found in the body:**

**Fibrous (Fixed):** .....

.....

.....

.....

**Cartiliginous**  
**(Slightly Moveable):** .....

.....

.....

.....

**Synovial (Moveable):** .....

.....

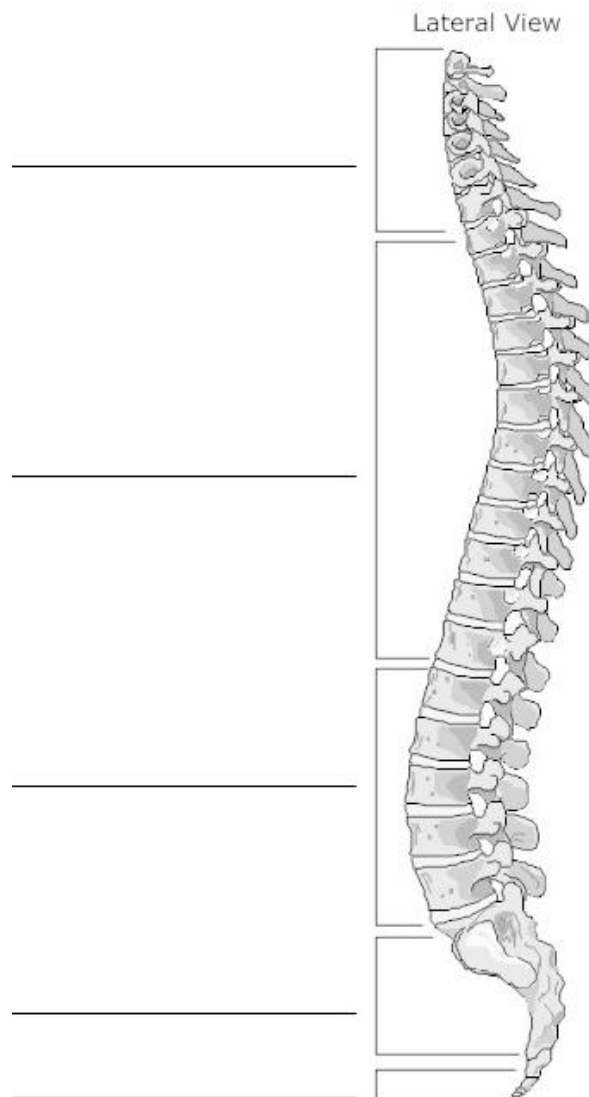
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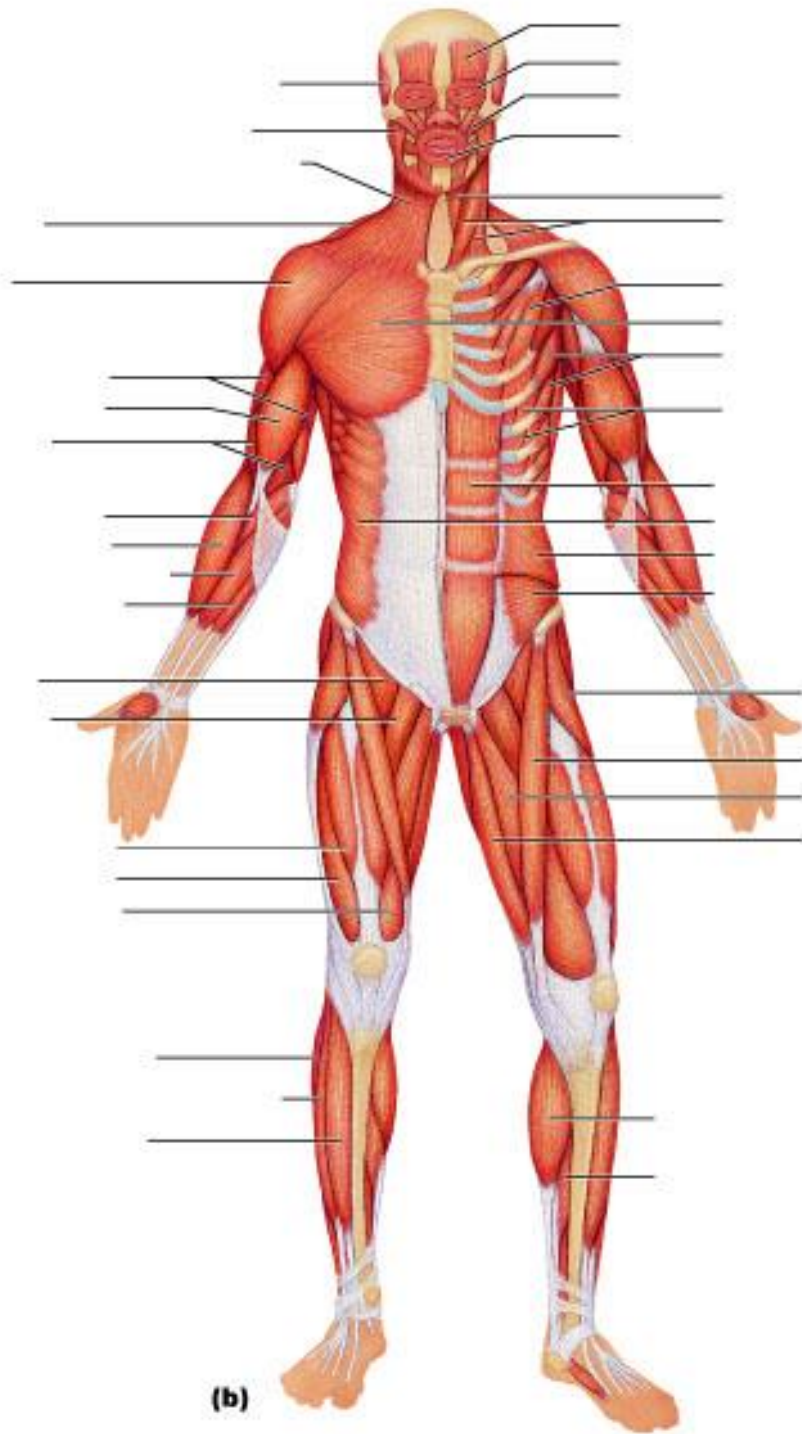
**QA4: Identify the six different types of synovial joints, and give one example for each joint:**

Joint Type (e.g. Hinge)	Example (of where found in the body, e.g. elbow)

**QA5: Label the five sections of the vertebral column picture below:**



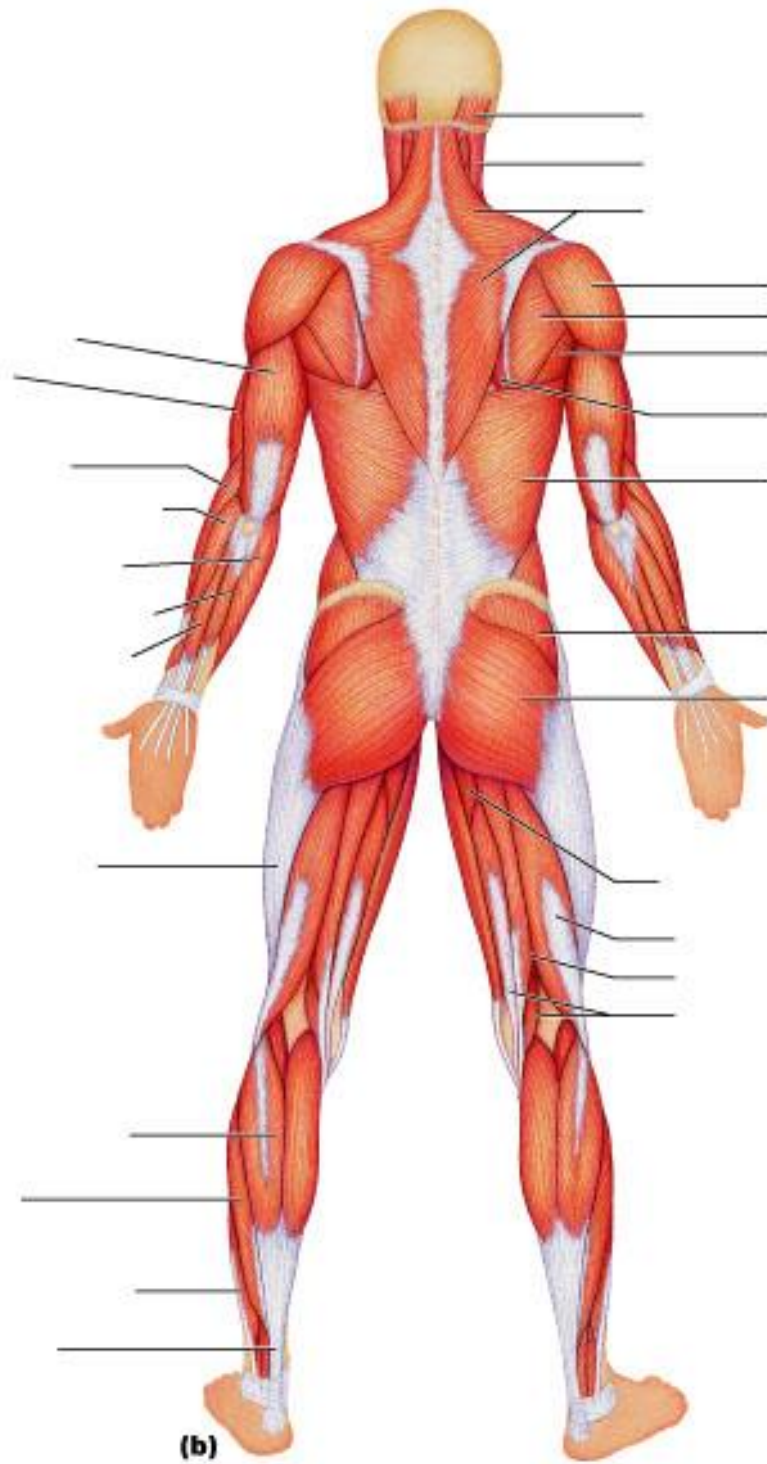
## Section B: The Muscular System



**QB1:** Use the **muscles** below to label the above diagram:

Pectoralis Major	Biceps Brachii	Triceps Brachii	External Obliques
Rectus Abdominus	Wrist Flexors	Adductor Longus	Rectus Femoris
Tibialis Anterior	Anterior Deltoid	Vastus Intermedius	Vastus Lateralis
Vastus Medialis	Adductor Brevis	Adductor Magnus	Illiopsoas





**QB2: Use the muscles below to label the above diagram:**

Trapezius

Posterior Deltoid

Teres Major

Teres Minor

Latissimus Dorsi

Gluteus Medius

Gluteus Maximus

Wrist Extensors

Biceps femoris

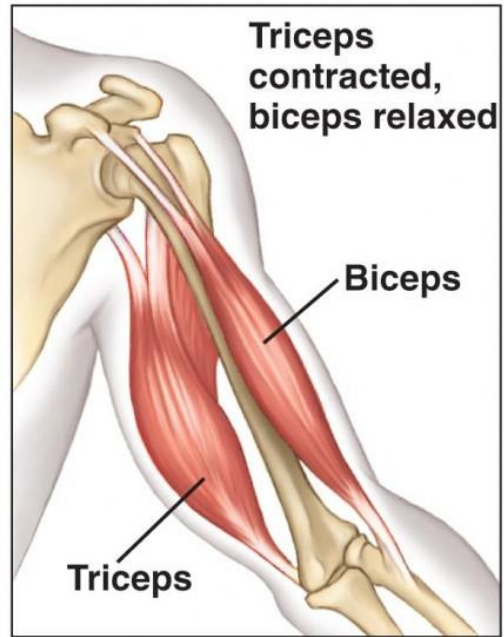
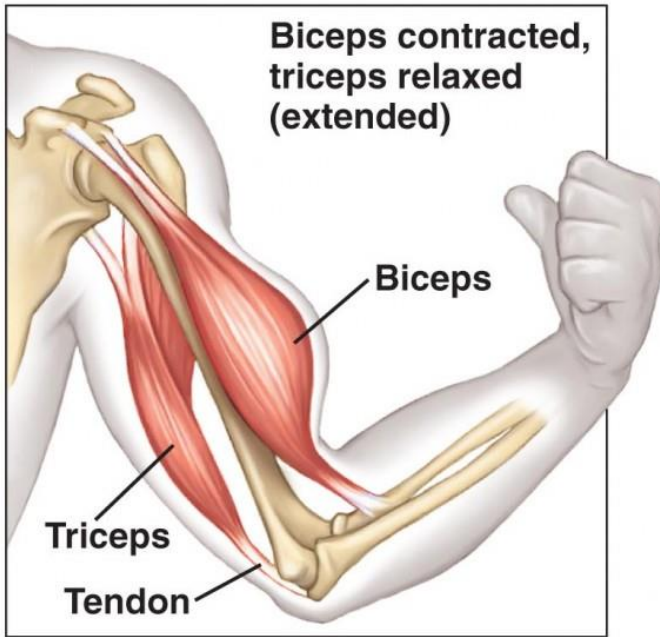
Semitendinosus

Semimembranosus

Gastrocnemius

Soleus

Infraspinatus



**QB3: Using the diagram above, explain what is meant by:**

**An agonist:**

.....  
 .....  
 .....

**An antagonist:**

.....  
 .....  
 .....

**QB4: How do muscles move? Explain how the elbow bends and straightens using the diagram above:**

.....  
 .....  
 .....  
 .....  
 .....





Finally....

**Don't forget to add  
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To do this...

[www.facebook.com](http://www.facebook.com)

...Search for **"BHASVIC Sport"**

...And **"Add Friend"**

**If you have any problems with the Summer Homework Booklet,  
please send us a message directly on BHASVIC Sport Facebook,  
and we'll get back to you asap!**