**Preparation work for A level Physical Education**

***Look at the syllabus:***

*A Level Physical Education Specification (AQA) :*

<https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

***Useful resources: (available on Amazon)***



***Online tasks / resources:***

Anatomy colouring / learning key structures

<http://www.supercoloring.com/coloring-pages/human-muscles-back-view-worksheet>

Anatomy & Physiology for Dummies (available as a free download)

<https://epdf.pub/anatomy-and-physiology-for-dummies.html>

Anatomy book

<https://yhdp.net/uploads/Essentials-of-Anatomy-and-Physiology.pdf>

Quizlet

<https://quizlet.com/gb/280837063/aqa-a-level-pe-65-drugs-in-sport-flash-cards/>

***Documentaries / films:***

**Activity**: Summarise the documentary/film on an A4 page using the 5 Ws: When? Who? Where? What? Why? Use the specification to see how they link to A level PE.

* The English Game - Netflix (for characteristics of football)
* Chariots of Fire– 1981 film (for characteristics of athletics)
* Coach Carter – 2005 film (for psychology - leadership)
* Remember the Titans – 2000 Film (for psychology – group dynmanics)
* Icares – Netflix (drugs in Sport documentary)
* Racism in Football - https://youtu.be/8tEviDXNHzs
* OLYMPIA AND THE OLYMPIC GAMES – DOCUMENTARY (You tube)

***Wider Reading***

* Sports performers / managers autobiographies
* Any news articles on sport / sport performers / sport funding
* <https://www.sportengland.org/> <http://www.sportingequals.org.uk/>
* <http://www.activityalliance.org.uk/>
* <https://www.womeninsport.org/> <https://www.streetgames.org/>