

A LEVEL

PHYSICAL EDUCATION



Haverhill Community Sixth Form

OCR A-Level PE

Introduction Tasks (Paper 2 and Paper 3 content)

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Possible programmes to watch that will help to give you an insight into some of the areas to be studied.

Television

- Netflix- 'The English Game' (A focus on the history of sport)
- The Game Changers- Diet and nutrition • Sports News Channel- This will support how you show your understanding by using current examples from sport.
- Icarus. 2017- A film around doping within sport and current issues surrounding the use of drugs within sport.
- Hoop Dreams. 1994- A film regarding barriers to participation in sport.
- Live Sporting Events- This will support how you show your understanding by using current examples from sport.

Induction Task 1:

Complete the personality test. <https://www.quietrev.com/the-introvert-test/>

Explain the role personality plays on sporting performance. Use examples from sporting situations you have been in. (1 side of A4).

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Induction Task 2:

Sports Psychology

– Sports psychology is concerned with the mind and how it functions in a sporting and competition situation. Read the article entitled – 'THE RELATIONSHIP BETWEEN MOTIVATION, SELF- CONFIDENCE AND ANXIETY'
<https://believeperform.com/the-relationship-between-motivation-self-confidence-and-anxiety/>

Answer the following questions –

1. What are the two types of motivation?
2. Which one is deemed the most important for sustained success?
3. According to Feltz what is 'self-confidence'?
4. What often happens to performers experiencing high levels of anxiety?
5. What is the issue with setting unrealistic goals?

How about you – Motivation

1. Make a list of all the reasons you play/participate/compete in your current sport
2. Using the answer to question 1 above highlight against each reason which type of motivation it is – Are you motivated by one type in particular? (You will need to have read the article!)
3. Please give a personal example where you have used a type of motivation to achieve success in your sport.
4. Do you have any current goals or aspirations in your sport?

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Induction Task 3:

Increasing Participation in Sport Create a promotional video/advert for one of the national partners aiming to increase participation in sport. In the video/advert include the following:

- Aims of the partner
- Benefits to increasing participation
- Outline strategies already in place.

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Introduction Tasks (Paper 1 content)

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The Skeleton – an overview

Resources required: bone labels, sellotape.

Working in groups of two or three, complete the following:

- 1 Identify **four** functions of the skeleton.
 - (i) _____
 - (ii) _____
 - (iii) _____
 - (iv) _____
- 2 Nominate a person in your group to be a 'human skeleton'.
 - (i) Using the bone labels provided, attach them to your 'skeleton' to show where each bone is located in the human body.
 - (ii) Compare your labelled 'skeleton' with the other 'skeletons' in the group.
 - (iii) Compare your labelled 'skeleton' with the one on page 8 of the Student Book.
- 3 Take the labels off your 'skeleton' and place them in two piles. One pile should be the bones of the axial skeleton, the other the bones of the appendicular skeleton. Complete the table below:

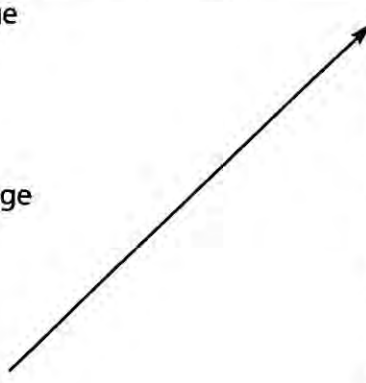
Bones of the axial skeleton	Bones of the appendicular skeleton

4 Using additional resources, research the **five** types of bone that can be found in the human skeleton. Use your answers to complete the table below.

Type of bone	Examples from the body
	Femur Ulna Phalanges
Short bone	
Sesamoid bone	
	Vertebrae
	Skull bones Sternum Scapula

5 In addition to the five types of bone, there are **three** types of cartilage in the human body. Research these types of cartilage to help you to match each type of cartilage to its correct example(s) from the body.

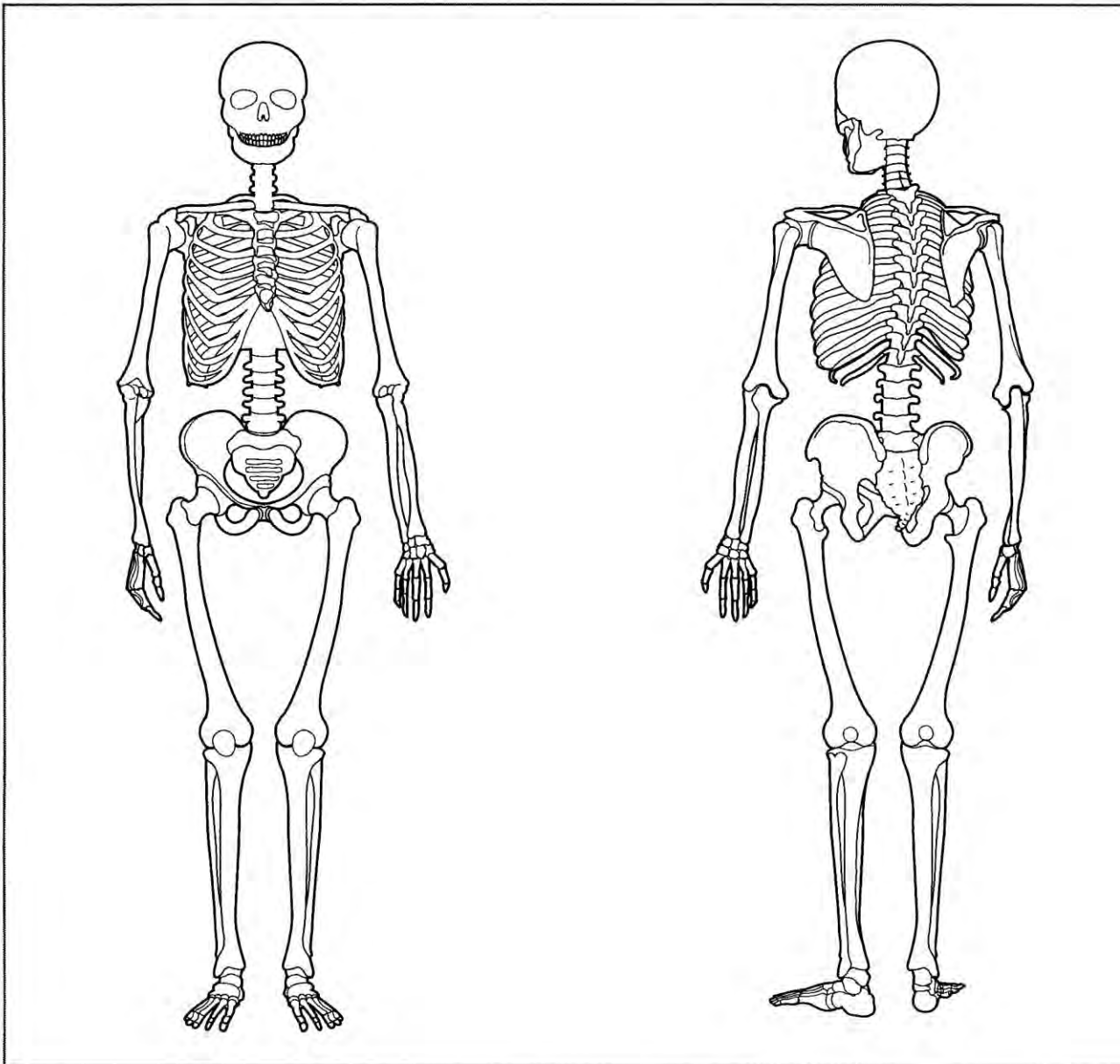
Type of cartilage	Examples from the body
Elastic cartilage	Menisci of the knee
	Articular cartilage at the ends of long bones
Hyaline cartilage	Support for external ear
	Discs between adjacent bodies of vertebrae
Fibrocartilage	Coastal cartilage connecting the ribs to the sternum



WORKSHEET 1.2

1 On the skeleton below use colour coding circles to shade in:

- ten long bones
- two regions where short bones are located
- one sesamoid bone
- four irregular bones
- three flat bones
- one site where elastic cartilage is located
- two sites where hyaline cartilage is located
- two sites where fibrocartilage is located.

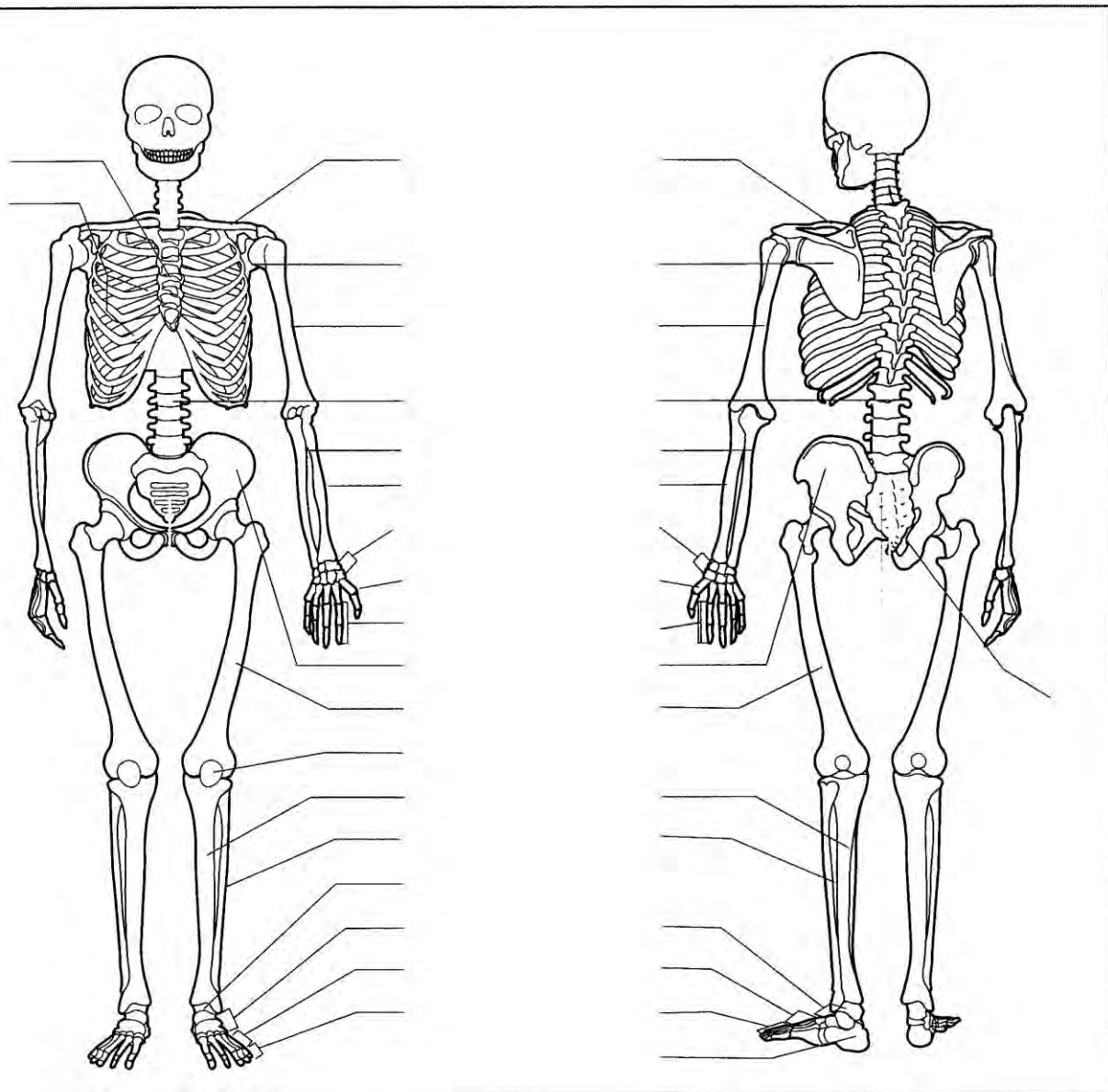


2 Close all references and look back over this worksheet.

Label the diagram below by writing the name of the bone at the end of the leader lines. Select two different colours, one for the axial skeleton and one for the appendicular skeleton and use them to colour the coding circles and the corresponding structures in the diagram.

Axial skeleton

Appendicular skeleton

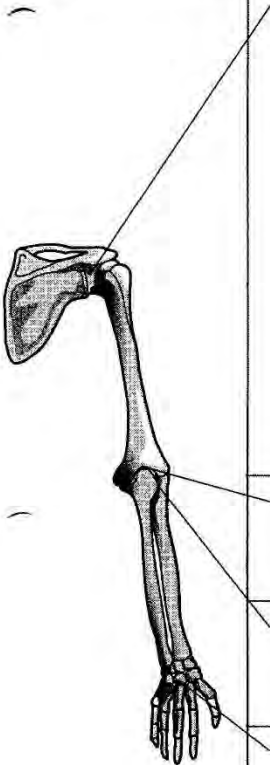



WORKSHEET 1.3



Synovial Joint Types and Their Anatomical Movements

Complete the following table by:

- naming the joints of the upper and lower limbs
- identifying the joint type
- listing the articulating bones
- naming and illustrating (using stick men/women) the joint movements that occur at the joint.

UPPER LIMB				
Illustration	Joint name	Joint type	Articulating bones	Movements possible
				 <i>flexion</i>

LOWER LIMB

Illustration	Joint name	Joint type	Articulating bones	Movements possible
				

WORKSHEET 1.4

Quick Quiz: the Skeletal System

1 Circle the term that does not belong in each of the following groupings:

- (a) tibia ulna fibula femur
- (b) skull ribs pelvis vertebral column
- (c) humerus clavicle sternum phalanges
- (d) tibia tarsals fibula talus
- (e) femur humerus ulna patella

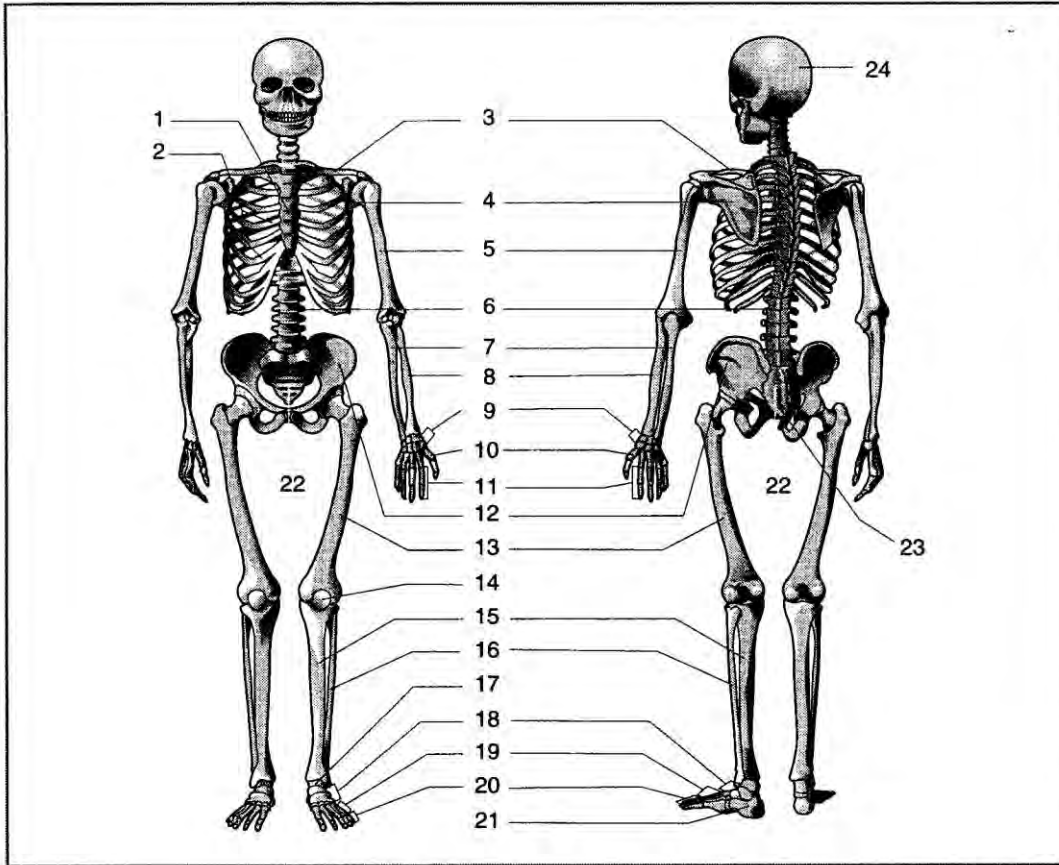
2 Give reasons for your answers in 1 (a) to (e).

- (a) _____
- (b) _____
- (c) _____
- (d) _____
- (e) _____

3 Group each of the following bones into one of the four major bone categories. Use 'L' for long bones, 'Sh' for short bones, 'Se' for sesamoid bones, 'F' for flat bones and 'I' for irregular bones.

- (a) Fibula _____ (f) Skull _____
- (b) Humerus _____ (g) Vertebra _____
- (c) Patella _____ (h) Femur _____
- (d) Phalanges _____ (i) Tarsals _____
- (e) Sternum _____ (j) Metacarpals _____

4 Match the correct label with the bone.



- | | | | |
|---------------|--------------------------|-----------------|--------------------------|
| (a) Femur | <input type="checkbox"/> | (b) Sternum | <input type="checkbox"/> |
| (c) Radius | <input type="checkbox"/> | (d) Metacarpals | <input type="checkbox"/> |
| (e) Tibia | <input type="checkbox"/> | (f) Sacrum | <input type="checkbox"/> |
| (g) Tarsals | <input type="checkbox"/> | (h) Patella | <input type="checkbox"/> |
| (i) Calcaneus | <input type="checkbox"/> | (j) Talus | <input type="checkbox"/> |
| (k) Skull | <input type="checkbox"/> | (l) Scapula | <input type="checkbox"/> |

5 Fill in the missing information about the spine.

- The spine has a total of _____ bones.
- It joins the skull to the _____.
- There are _____ regions of the spine.
- These are the _____ spine, thoracic spine, _____ spine, _____, and _____.
- The top two vertebrae are called the _____ and the _____.
- There are _____ types of joint in the spine:
 - a pivot joint between the _____ and the _____.
 - _____ joints between the bodies of adjacent vertebrae.
 - fixed joints in the _____ and the coccyx.
 - gliding joints between the _____ surfaces of the vertebrae.
- The spine protects the _____.

WORKSHEET 1.5

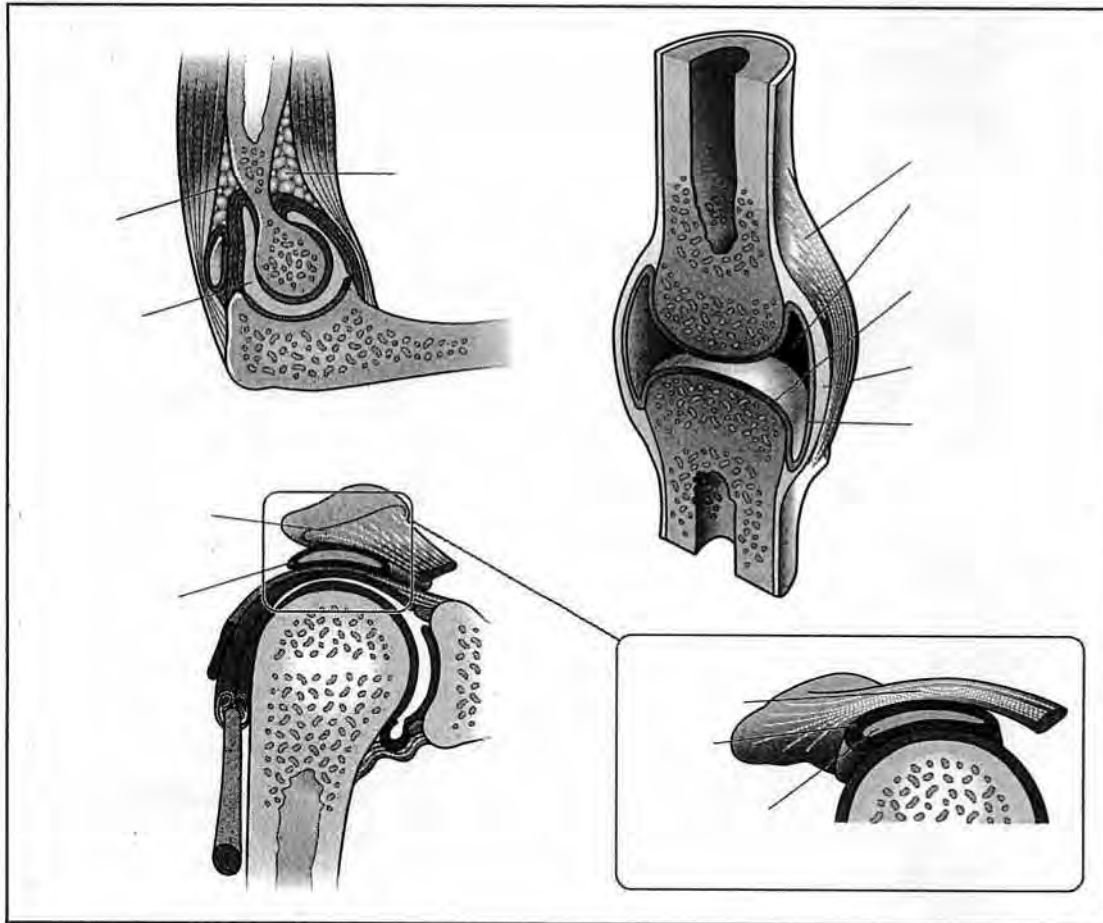
Structure of a Synovial Joint

1 Use the following labels to complete the diagrams of the synovial joints.

Articular cartilage
Pad of fat
Meniscus

Ligament
Fibrous capsule
Synovial membrane

Joint capsule
Synovial fluid
Bursa



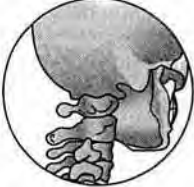





2 Complete the following table:

Feature	Structure	Function
Ligament		
Articular cartilage		
Synovial membrane		

WORKSHEET 1.6

Types of Synovial Joint

Match the correct pieces of information together.

Diagram	Type of joint	Name of joint
	Hinge	Thumb
	Condyloid	Atlas/axis
	Gliding	Elbow
	Pivot	Articulating surfaces of vertebrae
	Ball and socket	Shoulder
	Saddle	Wrist

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