

GETTING READY FOR PACK


A Level Physical Education

We are delighted you have chosen to study A Level PE at Haywards Heath College

WHAT YOU WILL STUDY

Unit/Topic	<p>Students will study a range of sporting topics in Year 1, these include the following –</p> <p>Anatomy and Physiology Sport Psychology Skill Acquisition Sport & Society Biomechanical Principles Diet & Training Methods Technology in Sport</p>
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WHAT YOU NEED

Kit List	<p>Minimum Expected Kit – HH Top or Jumper & Shorts or Tracksuit bottoms <i>Students will throughout the year be required to take part in practical sessions where we take the theory from the classroom and apply it sport and exercise both indoors, outdoors and in a gym environment.</i></p> <p>Haywards Heath College - Broadwater Sports</p>
Equipment	<p>What you need...</p> <ul style="list-style-type: none"> • Different colour pens and highlighters • Pencil, rubber and ruler • Notepad • 2 X A4 Ring-Binder Folders with s Dividers • Practical kit (Academy of Sport) • Exam Booklets (letter to follow) • Revision Guide (letter to follow)  <p>Haywards Heath College</p>

Essential Textbooks	AQA A-level PE Book 1: For A-level year 1 and AS : Atherton, Carl, Burrows, Symond, Howitt, Ross, Young, Sue: Amazon.co.uk: Books
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ENRICHMENT
<ul style="list-style-type: none"> ▪ University Trips ▪ Guest Speakers ▪ AOC Leadership Programme ▪ Collaborative Work with Mid Sussex Active ▪ Amex Stadium courtesy of BHAFC ▪ Sports Awards

SUMMER WORKING TASK INFORMATION
Completion Date: First Lesson Week Commencing 8/9/25
<p>This pack will help you make the best possible start to studying this subject. The tasks in this pack should take you about 4-6 hours to complete.</p> <p>The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at info@haywardsheath.ac.uk telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays.</p>

SUMMER WORKING TASK	
Skills Focus	Effective note taking A01 – making sure you use the appropriate key term and define it. A02 – make sure you apply the correct key term – using the appropriate practical application and context.

A02 – [make sure you can evaluate the theory](#) – giving opposing points of view and use connectives to help with this.

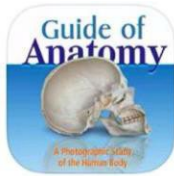
An Introduction to Anatomy Workbook

In preparation to begin study on the PE course at Haywards Heath College, you are required to show a base of knowledge and understanding in Anatomy. If you have studied GCSE PE then some of this information should be familiar. However, don't worry if you haven't. Below are a couple of references that you can use to help you:

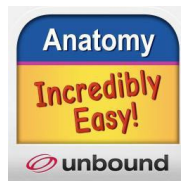
Anatomy Zone YouTube Channel - <http://www.youtube.com/user/TheAnatomyZone>

Or Anatomy Zone video tutorial links - [AnatomyZone - Your Guide to Human Anatomy](#)

Or download one or more of the following **free** iPhone/iPad apps (Android apps are also available)



Anatomy Guide



Anatomy & Physiology



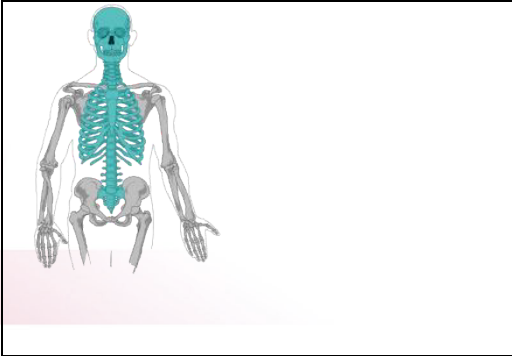
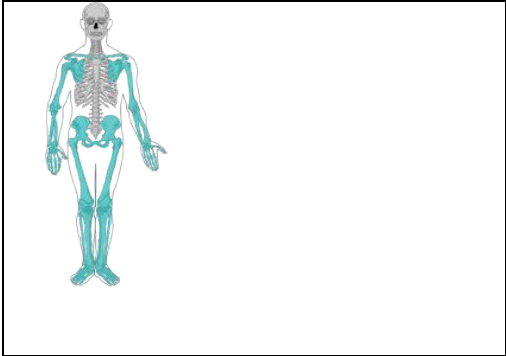
Teach Me Anatomy

Please write down ALL references used at the back of this booklet!

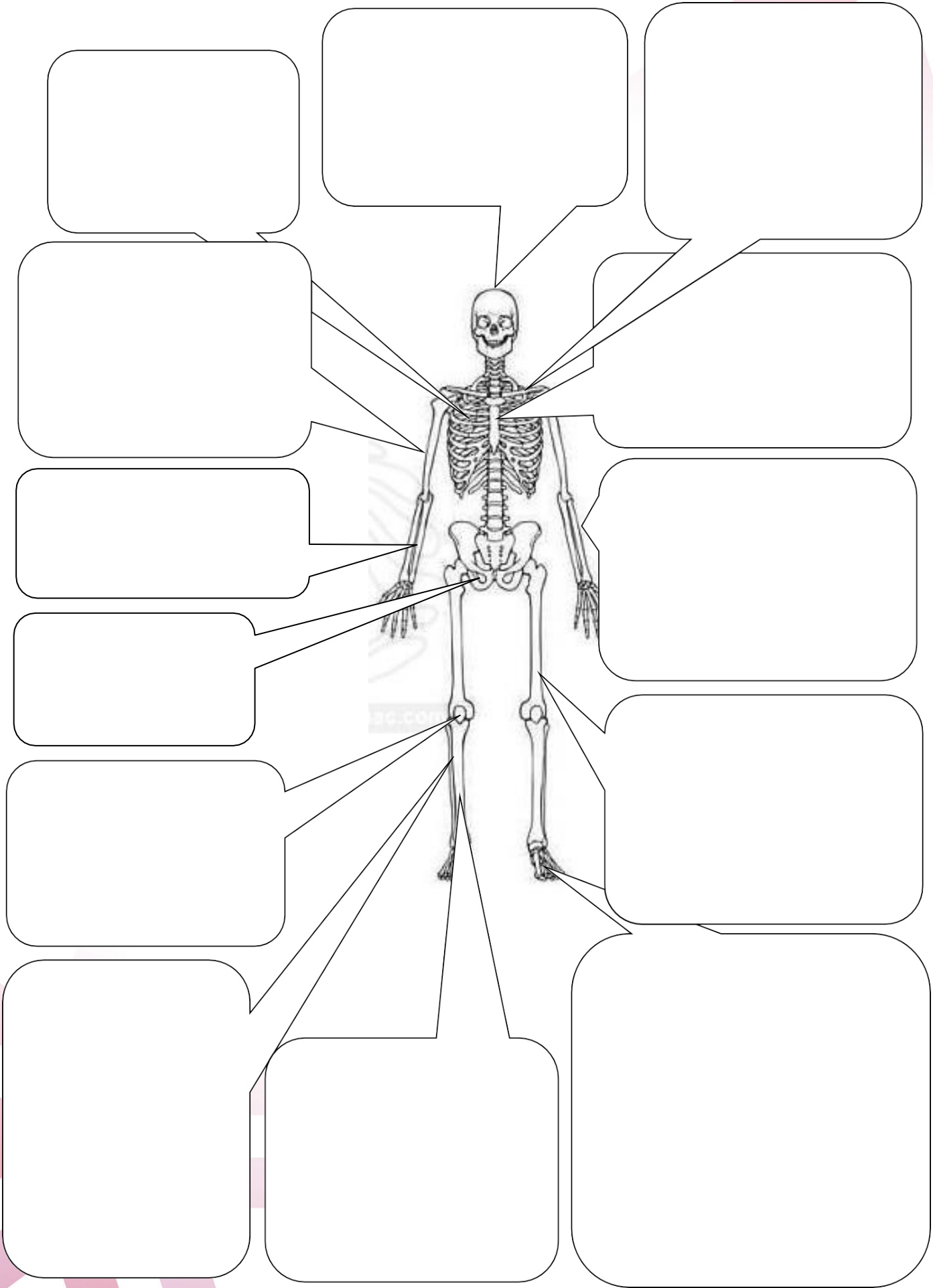
The Skeletal System

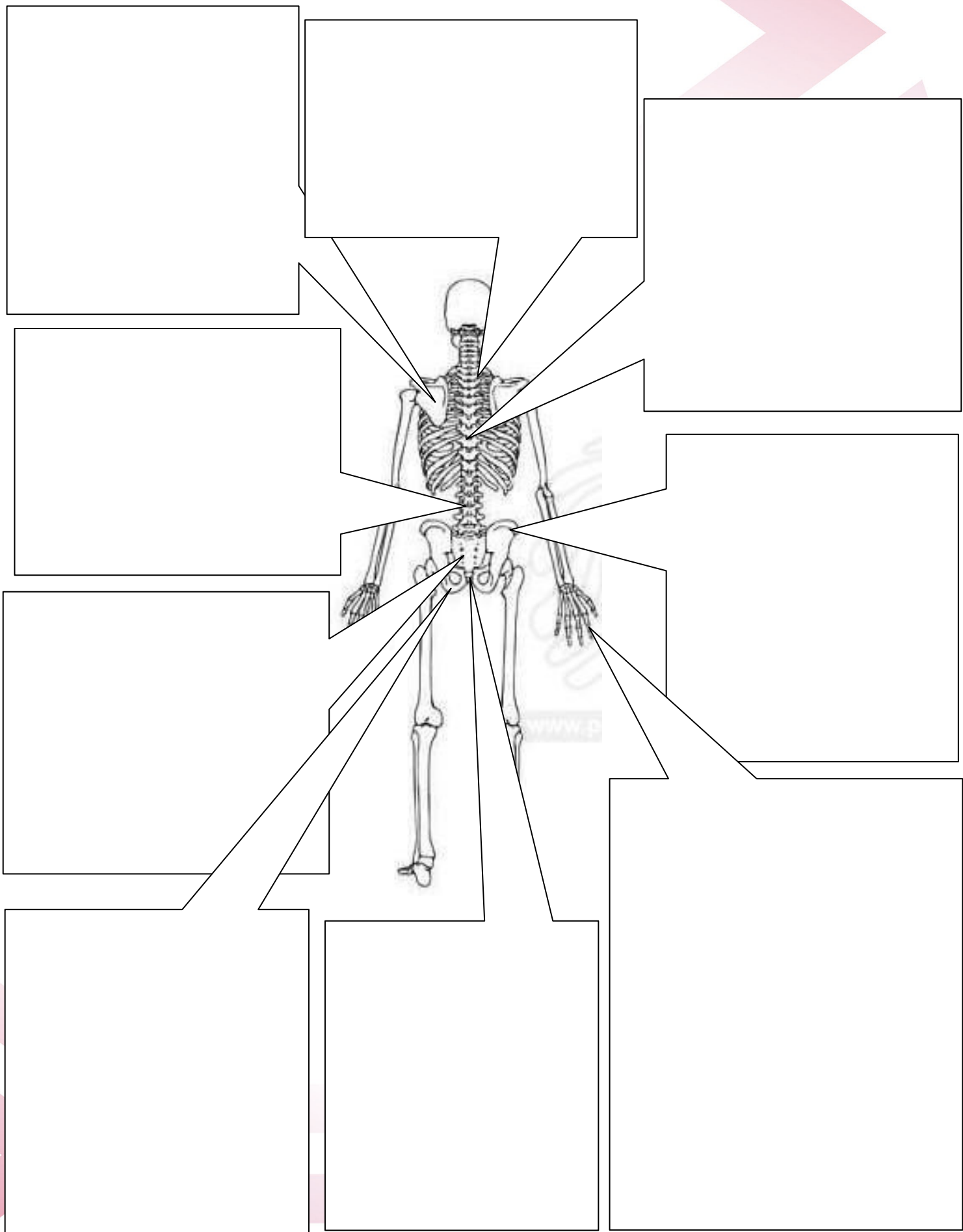
DESCRIBE the 5 functions of the skeleton:

Support	
Protection	
Attachment	
Blood cell	
Mineral	

What is the Axial skeleton?	What is the Appendicular skeleton?
	

Label and describe the Major Bones of the body



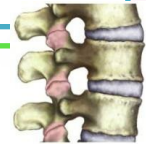


DESCRIBE the 3 classifications of joint in the human body?
EXPLAIN the range

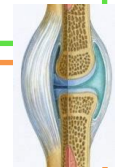
Fixed



Slightly movable



Synovial



What are the 6 types of synovial joints in the human body? DESCRIBE Give an example of each in the human body.

• H_____

E.g.



• B_____ & _____

E.g.



• E_____

E.g.



• G_____

E.g.



• P_____

E.g.



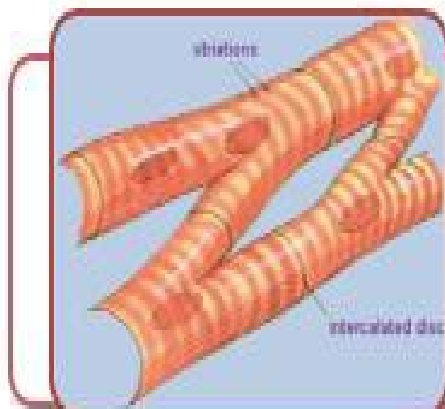
• S_____

E.g.

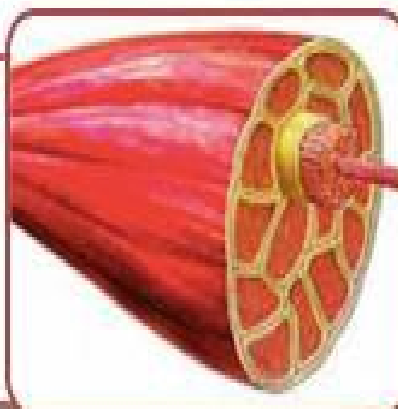


The Muscular System

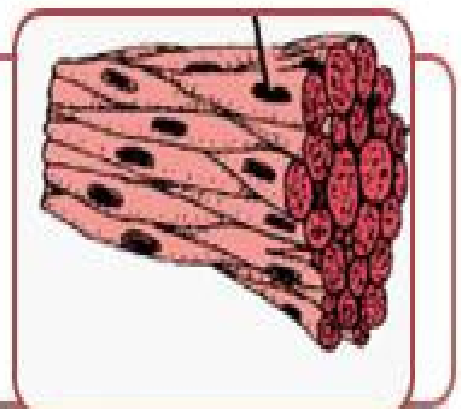
What are the 3 types of muscle in the body? DESCRIBE



Cardiac



Skeletal



Smooth

What are the characteristics of the 3 main types of skeletal muscle fibre? Give an example of an athletics event that each fibre type is associated with.

Type I

Characteristics:

Type IIa

Characteristics:

Type
IIb

Characteristics: