

PE Transition Tasks

Physiology and Biomechanics

When starting the course, you will be extending the knowledge you may have already learnt at GCSE regarding respiration as you will learn about energy systems.

Task 1:

Using the YouTube video below, create a PowerPoint presentation about **one** of the three energy systems.

You must link the use of the energy system to a sports performer and explain how this will support their performance.

[ATP - PC System \(youtube.com\)](#)

[Aerobic Energy System \(youtube.com\)](#)

[GLYCOLYTIC SYSTEM \(youtube.com\)](#)

Sport psychology

Research one of the following 3 topics for psychology in sport:

- Personality
- Arousal
- Anxiety

Create an A4 poster of information to include the following:

- How it impacts a performer in sport
- The relevant theories linked to the topic
- It's definition

Use the following YouTube video to support you: [AOA A-Level PE 2022 Revision: Sport Psychology \(youtube.com\)](#)

Sport society and technology

As part of the course, you will extend your knowledge of technology and commercialisation in sport and the impact this has on sports performance. There has been recent discussions

surrounding the use of VAR in football and whether or not it is useful to the spectator, referee and performer. As part of this task, you are to research a type of technology used in sport and form a structured paragraph that evaluates the use of the technology in sport.

When evaluating the use of your specific technology you must:

- Provide an argument for its use that is positive
- Provide an argument for its use that is negative
- Link the technology to a sport of your choice
- Explain why it was brought into the sport overall