

Shaftesbury Sixth Form

Summer Preparation Task

Subject name: Physical Education A level

Exam Board: AQA

Purpose of task:

These summer tasks will help you to get ahead of the game and ensure that you start with a solid foundation in September, so enjoy and good luck!

Recommended resources:

Below are some useful links to help you research around the subject content in a little more depth.

Brain Mac – useful sight for PE related content

<https://www.brianmac.co.uk/conditon.htm>

Top End Sports – a concise and easy to use resource bank

<https://www.topendsports.com/fitness/components.htm>

Google Scholar – if you type scholar into your Google Search bar it opens the door to the world of academic journals with many written directly about this topic.

Task 1:

In the 1960's one view of P.E. concluded that *'physical education is useful in developing young people's fitness, particularly cardiovascular fitness and muscular endurance'*
Wheeler (2014)

In consideration of this, how do you view the importance of P.E in schools today?

Write a short essay discussing the above quote in relation to your personal observations and experience of P.E. and how PE might improve fitness. Some of the following ideas may assist you in your discussion: enjoyment; fun; knowledge of sports; acquisition of skills; fitness; health; how being fit for life is beneficial..... but this is not a complete list and you may have other ideas too!

Guidance

At this stage, you are not expected to be able to reference correctly but it is expected that you try to use research where appropriate and record where you found the information.

Presentation of the essay:

- Word Limit: **750 words** (this does not include direct quotations).
- Use **double line spacing**
- Write on **one side only**
- Include a **Reference List** at the end of your essay

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Deadline for task:

PRINT YOUR WORK AND BRING IT to the first TAUGHT A LEVEL Lesson in September 2018. This essay will form part of the teaching and learning we cover in the first lesson.