



# St Robert of Newminster Catholic School and Sixth Form College



## Year 13 Pre-Course Tasks: PE

1. Open your coursework from Y12, within the coursework you must add; 10 pieces of anatomy and physiology, 10 of socio cultural and 10 of psychology

Example –

Strength 1

Whilst watching Sophie play tennis, her first strength was her serve. In the preparation phase she bends and flexion occurs at her knees, *causing the hamstring contracting and quadriceps relaxing, she also swings her racket back, using her shoulder joint, which is a ball and socket joint attached to the muscles via ligaments.* In the execution phase, Sophie releases the ball upwards and connects with the ball at this point, *Selective attention occurs, where Sophie blocks out any unwanted information and processes all the relevant information.* In the Recovery phase Sophie's arm swings back to the ready position, ready to face the return shot from her opponent.

*Sophie's sport is an individual sport, which would indicate that she is an introvert, who is shy and quiet. This could also indicate that she may be more of a Type A personality rather than Type B who tend to be more, impatient and intolerant.*

Action Plan

At the beginning of session Sophie would need to do a warm up. *Warming up prevents the risk of injury, this is because: when a warm up is carried out, the aim of it is to ensure that all of the individual muscle fibres have been worked, so that when it comes to doing the training, the muscle fibres will work as a whole unit, and will therefore be stronger-*

*thus preventing the risk of injury. A warm up, should ideally mainly be dynamic stretches. Each warm up consisted of: 5minutes jogging on the spot, side steps, 8 burpees, 10 jump lunges, 10 jump squats, and 5minutes cycling on an exercise bike. This ensured to raise the heart rate, so that I was ready to complete both my physically and psychologically.*

1. We have done a lesson on Memory and completes Atkinson and Shiffren's multi-store model and the use of selective attention. Related to that is Craik and Lockhart's levels of processing model. Research what it is? Make notes, how does it relate to carrying out a skill in sport. Use an example from your sport.

2. STRETCH AND CHALLENGE – research 2 information processing models Welford and Whittings? Draw them, describe what happens? Where does selective attention occur? What are the differences between the models?