

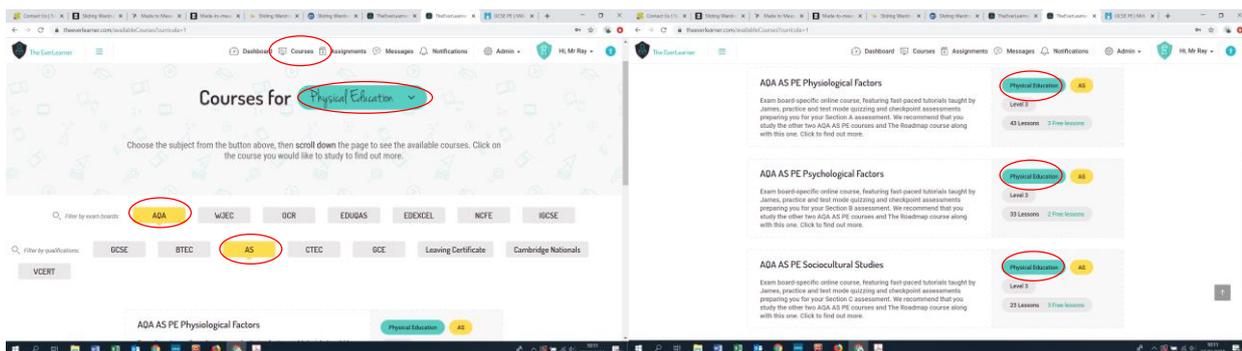
Making the transition from GCSE's to A-level is often a more significant jump than many students expect. We have therefore provided some resources that may assist should you wish to complete the work. The work is based on theeverlearner.com

To access this site, you will need to contact Mr Ray who will set an account up for you (For current Year 11 GCSE PE students, this has already been done for you). You will need to provide an email address; please contact chris.ray@bourne-grammar.lincs.sch.uk if you cannot access the site. A link and password will then be sent for you to access the site. Below are some clear guidelines on how to access the work. Once logged on, there are 2 ways this will be possible:

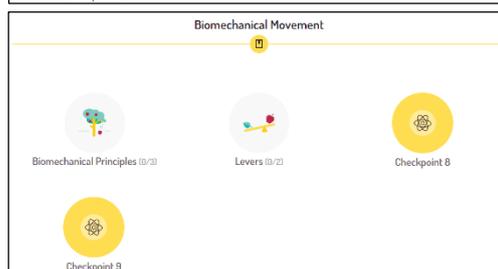
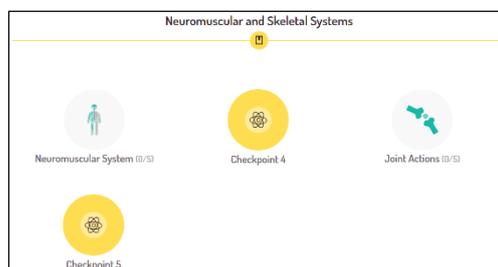
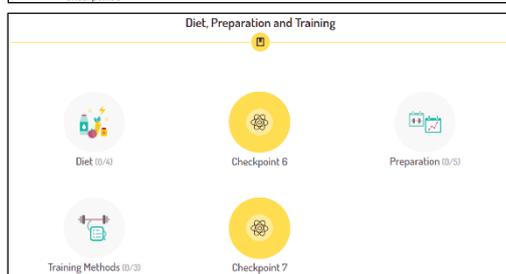
1. Using the 'Assignments', lessons will be sent to you along with practices and tests. Ultimately, this will lead to a 'Checkpoint', a summary of a number of previous lessons (this is the more ideal route to take). **Alternatively,**
2. Using the 'Courses' link (shown below), you will have access to the whole of the Year 12 taught work. There are 3 aspects to the course; Physiological, Psychological and Sociocultural. This method will provide access to any aspect of the course and you can watch any lesson. (Courses-PE-AQA-AS)

Should at any point you be provided with the question "Do you want your progress to be recorded (or similar)?" please click "yes". Please use the 'Messages' at the top (speech bubble) for assistance from Mr Ray.

Below is an outline of the 3 areas of the course, the number of lessons and when the Checkpoints are. Please have a go at the Practice and Tests for each lesson.

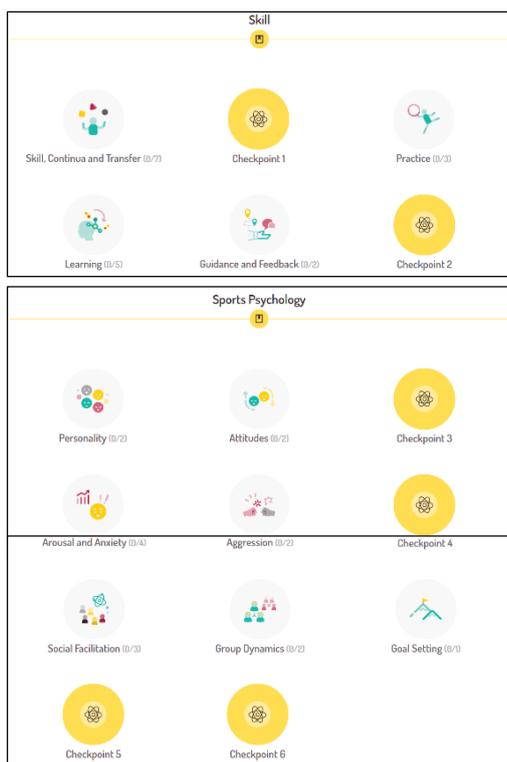


Physiological Factors – Mrs Mohan

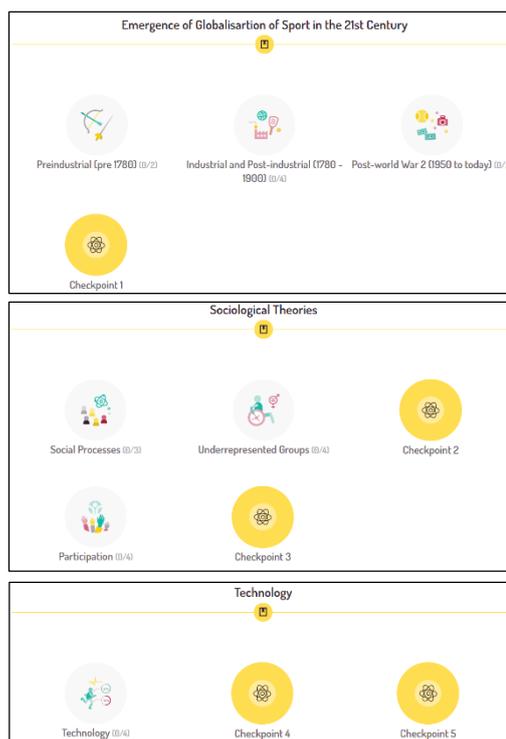


The numbers in brackets below each lesson. E.g. Impact of Activity (0/2), tell you there are 2 'lessons' in this section (each of which has a practice and a 'test')

Psychological Factors - Miss Bradley



Sociological Factors - Miss Bowtell



This work is not compulsory but will undoubtedly give you some significant assistance as you begin the transition to more challenging work.

There are further resources listed below that are different in nature so do mix them up.

Miss Bowtell – Sociocultural

Videos to watch:

Tom Brown School Days	Life in Public Schools
Icarus	on Netflix about Russia and doping
Stop at Nothing	Lance Armstrong and drug taking Oprah Winfrey and her interviews with Lance Armstrong
Are Athletes getting faster, better, stronger	David Epstein

Articles:

Technology in Sport	17 October 2019	Kipchoge, Koggei's Marathon Trainers
Race	12 Feb 2020 and 6 August 2019	Alice Dearing- Why some Black girls don't swim and British Black swimmers breaking down barriers.

Funding - Guardian Article- 29 June 2017

Loss of sports funding in the UK- UK faces Revolt from 11 sports over GB funding cuts.

Ed Warner Article- Calling Time on UK Sports Win at all costs policy.

Liz McColgan article about her daughter Eilish.

3 November 2016 Liz McColgan and Funding- talks about how her daughter meets the criteria but loses funding anyway.

Lots of information on drugs, testing procedures, supplements etc.

<https://www.uka.org.uk/cleanathletics/#>

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

Has lots of information. You could read the articles on for example nutrition below

<https://www.brianmac.co.uk/articles/tindexnut.htm>

Research use of technology in two sports of your choice from the perspective of a performer and coach. (consider officials and spectators too perhaps?). You could produce a poster/mind map with info and images. These can be displayed in GT1!

All the best,

The PE Department