



Specification:

<https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

Subject Audits:

- Complete both the Theory and Practical Audits before your first lesson (see separate document)

Suggested Activities:

- **Super Size Me**- Film. How can a diet of just McDonalds effect you? Watch and find out.
- **Sport England Website**- Research the way the government body provides sporting opportunities for all. Identify the way it counteracts the barriers to sport, which people are affected and give sporting examples of how this affects them.
- **Research Task**- Pick a sports performer of your choosing then write a report on how they train and prepare for performance. This should be at least a page long
- **Your Sport**- Practice and Train as much as you can so your skills are the highest they can be. If you can film yourself performing, do it. If your sport is a summer sport like Athletics, filming you performing in a fully competitive environment will be very important so ensure you complete this.

Suggested Reading:

- **Legacy- James Kerr**
Read it for lessons on how the Blacks link their sporting structure with theory and business examples.
- **Bounce- Matthew Syed**
Different points on how a champion is made. An easy-to-read and enjoyable book.