



### **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

### **Suggested Activities:**

- **Super Size Me-** Film. How can a diet of just McDonalds affect you? Watch and find out.
- **Sport England Website-** Research the way the government 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
- **Personality Test-** follow the link to the questionnaire to find out what type of personality you have. This links to our Sports Psychology topic
- **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:**

- **A- Level Core Textbook 1-** This is the AQA book that we use in class and will be very useful for you to read through before lessons and certainly to own to accompany you through the course  
[A- Level Book 1](#)
- **Legacy- James Kerr**  
Read it for lessons on how the Blacks link their sporting structure with psychology theory and business examples.
- **Bounce- Matthew Syed**  
Different points on how a champion is made. An easy-to-read and enjoyable book.