

## A-Level PE | Paddington Academy | Transition work

This work will take you at least 10 hours. Please read the whole sheet before starting.

1. Watch two world sporting events this summer (e.g. Euro 2020; Tokyo Olympics; Wimbledon; Formula 1 race). Analyse and write up about the technology that is included to support the running of the tournament/event. You should include the following in your write up:
  - a. The types of technology that is used
    - i. How does this support the audiences experience as well as the sport
    - ii. How do the athletes/teams use this data to support their performance
  - b. The development of equipment and facilities in the tournament/event and their impact on participation and performance
    - i. Think about how the facilities create a future legacy

This should take you at least 3 hours.

2. Research the history of sport and society. You should look at how modern sport has impacted the globalisation of sport in the 21<sup>st</sup> century today.
  - a. Pre-industrial (pre-1780)
    - i. Two-tier class system
    - ii. Limited communication/technology/transport
    - iii. Characteristics of sporting recreation (limited to mob football and real tennis)
  - b. Industrial and post-industrial (1780-1900)  
Characteristics and impact on sport (limit this to development of Association football, lawn tennis, rationisation of track and field events and the role of the Wenlock Olympian Games)
    - i. Industrial revolution
    - ii. Public schools/universities
    - iii. Development of National Governing bodies
  - c. Post World War 2 (1950 to present)
    - i. Characteristics and impact of the Golden Triangle (limited to development of Association football, tennis and athletics)
    - ii. The relationship between commercialisation and sports and governing bodies
    - iii. The changing status of amateur and professional performers

This should take you at least 3.5 hours.

3. Research a range of principles and theories of learning and performance. These are listed below:
- Learning plateau – the causes and solutions.
  - Cognitive theories – Insight learning (Gestalt)
  - Behaviourism – Operant conditioning (Skinner)
  - Social Learning – Observational learning (Bandura)
  - Constructivism – Social development theory (Vygotsky)
- You should look to explain what each theory is and how it is implemented into sport.

This should take you about 3 hours.

4. Self-reflection task: Write about which areas of the KS4 Sport course you felt most proud of. What went really well? Write about which areas/topics of the KS4 Sport course you struggled with. Where do you need to improve for the A-Level PE course? Why do you want to study A-Level PE at Paddington? (Minimum of 250 words).

This should take you at least 30 minutes.

If you have any questions, contact Miss Wallace at [sabia.wallace@paddington-academy.org](mailto:sabia.wallace@paddington-academy.org)

### **Reading list:**

Bounce: The Myth of Talent and the Power of Practice – by Matthew Syed  
The Blind Side: Evolution of a Game - by Michael Lewis  
Eleven Rings: The Soul of Success – by Phil Jackson  
Shoe Dog: A memoir by the Creator of Nike - by Phil Knight  
Gold Rush: What makes an Olympic Champion? – by Michael Johnson

### **Watching list:**

The Last Dance (2020 - Netflix)  
Free Solo (2018 - Netflix – listed as 'The Dawn Wall' on here)  
Icarus (2017 – Netflix)  
Senna (2011 – Amazon Prime)