**Little Heath School**

**Physical Education**

**AS Pre-Course Preparation**

Welcome to AS level Physical Education



The course is split into three distinct areas for theoretical study

* Anatomy and physiology
* Acquiring Movement Skills
* Socio-Cultural Studies relating to participation in physical activity

You will also need to be entered for two practical activities

* Usually as a performer
* You could be a coach or official instead (not normally recommended)

In order to prepare for both aspects of the course you will need to

* Find out the National Governing Body for your main practical activity
* Purchase a coaching manual for their main practical activity or find similar resources on the internet and print or use the library.
* Investigate the main 10 skills and plan 5 progressive practices for their main practical activity
* Find out the local and national provision for their main practical activity area.

This work should be handed in by the 14th September.

Time Guidance: 1 hour to 3 hours