**Little Heath School**

**Physical Education**

**A Level Pre-Course Preparation**

**Welcome to A Level Physical Education**



The course is split into three distinct areas for theoretical study

* Physiological factors affecting performance
* Psychological factors affecting performance
* Socio-Cultural and contemporary issues

You will also need to be entered for one practical activity

* Usually as a performer

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