

A Level PE

Year 11 in to 12 Summer Work

1. Create a portfolio to showcase your current participation in sport. It should include an overview of your weekly sporting activities, photos, results.

2. Find a media article about sport that interests you. Bring it with you to the first lesson and be prepared to discuss it. Current topics that might interest you include women in sport, the use of performance enhancing drugs, the role of technology in the development of sport, the role of the media in the development of sport.

3. Choose one of the following topics:
 - a. The Cardiovascular System
 - b. The Respiratory System
 - c. The Neuromuscular System
 - d. The Musculoskeletal System

Write one side of A4 to explain how exercise affects your chosen system, both short term and long term.