



Welcome to A Level PE. Please answer the questions in 3-4 lines. Share your knowledge and use your sports and interests in your responses.

TASK 1

Physiology:

- Q1) How can we produce different amounts of force using the same muscles?
- Q2) How do we breathe in and out, and how does this change during exercise?
- Q3) How does an athlete organise their training to gain maximum results?"

TASK 2

Sports Psychology:

- Q4) How does an individuals' attitude form and how can we change someone's to encourage them to take up exercise?
- Q5) How does an audience influence sports performance? Is there such a thing as HOME vs AWAY advantage?
- Q6) Why is it that I could have the best 11 football players on a team, and you can't guarantee that the team would perform the best?

TASK 3

SocioCultural studies:

- Q7) Where do sports such as Football, Cricket and Tennis originate from?
- Q8) Why would a country want to host a big global sporting event such as the FIFA world cup?"
- Q9) How does modern technology influence elite performance and entertainment within sport?"