**A-Level PE Year 12 Summer Work**

**(Exam 2026)**

Dear students,

We would like you to complete the following A Level PE summer work tasks. By doing this work properly you will be in a great position to start Year 13, helping you achieve an excellent outcome at the end of the course.

If you have any questions regarding this work, then please do not hesitate to contact me via email.

On behalf of the PE department I’d like to wish you a fantastic summer holiday with friends and family.

Kind Regards,

**Mr Raye**

Director of Sport

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 [opgs.org](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.opgs.org%2F&data=04%7C01%7CABridges%40opgs.org%7Ce3e8f0565a964aa5f12f08d9d0e958fc%7C064b53d940d84867b4932e949a06ed13%7C1%7C0%7C637770522894113232%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=afyWa2gvQWHRmfAd5C57uwhZ6VLdn8xwTBtWDnwWY%2Bs%3D&reserved=0)

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**A-Level PE- SUMMER WORK TASKS:**

Please complete the following tasks, using the attached A-Level PE checklists (that should be at the front of your folders- please re-print them if necessary):

1. Folder Organisation- make sure you have a folder for each of the 3 units you have been taught this year. For each unit you must have:

* A complete set of notes for ALL topic areas- use the textbook and Powerpoint resources (that will be sent to you by MKJ, RDE & RMR) to complete notes for missing topics.
* Topics ordered chronologically within your folder (i.e. in the order you were taught them from September-July).
* All Core Assessments organised within each of your folders.

2. Everlearner VIDEOS & TESTS- completed to 100% and 70%+ for ALL topic areas studied in Year 12.

3. Everlearner Checkpoints- complete the following checkpoints to 70%+ (re-attempting them if necessary) consildate your learning across topic areas studied in Year 12:

* MKJ- 1-5
* RMR- 1, 2, 5&8.
* RDE- 1, 2&3.

All Everlearner work to be completed by Friday 29th August (9.00pm).

Please manage your time effectively during the summer holidays, planning in the above tasks well ahead of the deadlines set.

OPTIONAL Task:

Revision Resources- make sure you have high quality revision resources (see page 2 for exemplar resources) for ALL topic areas across the three units.

Bring your Year 12 (Book 1) class notes folder to your first lesson back in September with each teacher. Mr Devonald, Mr Keeling-Jones and I will then check folder during the first 3 weeks of Term 1.

**LITERACY SUMMER WORK TASK**

We would like you to complete the following Literacy focused task to expand you knowledge and understanding of contemporary sporting examples, linking these to the topic areas you have studied in Year 12.

Literacy Task (what you need to do):

* Link 3 of the following topic areas for each unit (9 in total) to articles you can find in print and digitial media (e.g. Newspaper, Sky Sports News, BBC Sport etc…) on the following events:
1. Women’s European Football Championships
2. British Open Golf
3. Formula 1
4. Wimbledon Tennis
5. Lions Rugby Tour of Australia
6. England vs. India Test Series
7. Diamond League Athletics
8. 2024 Paris Olympic Games (or Olympics prior to this!)
9. Football Club World Cup
10. Tiger Woods Golf League
* Print & read each article (you might want to print more than one off per topic area!).
* Highlight key points that link to theory (using the suggested lists below or other year 12 topics).
* Write ½ page of bullet points to show the links from the article to theory (you can write as much as you want to make sure you have provided an indepth explanation of the links!).

MKJ- Anatomy & Physiology and Biomechanics

* Diet, Nutrition & Use of Supplements to enhance performance
* Use of exercise to reduce risk of CHD and related illnesses
* Training methods linked to improving CV, Respiratory and Musculoskeletal Systems
* Use of biomechanical principles to enhance performance (Newton’s Laws)
* Use of mechanical advantage through technological development of equipment to enhance performance
* Application of Training Principles to prepare athletes for the above major events

RMR- Skill Acqusition & Sports Psychology

* Guidance & Feedback
* Attitudes
* Personality
* Arousal & Anxiety
* Aggression
* Social Facilitation/Inhibition

RDE- Sport & Society

* Media
* Commercialisation
* Women in Sport
* Inequality
* Racism
* Performance Enhancing Drugs
* Sportsmanship