



## YEAR 12 PHYSICAL EDUCATION SUMMER TASK 2024

Component	Task
Physiological factors affecting performance	Make a table or download a suitable app and record everything you eat in a week. Keep count of your daily calorie intake.
Psychological factors affecting performance	Pick all the skills from your chosen sport and place them on the following continua; Difficulty: simple - complex Environmental influence: open - closed Pacing: self pace - externally paced Muscular involvement: gross - fine Continuity: discrete - serial - continuous Organisation: high – low
Socio-cultural issues in physical activity & sport	Watch: The English Game on Netflix. You will need to make notes on how Football in England was formed, what were the key stages? How did it change? You should aim for 2-3 paragraphs.
Performance in physical education	Keep a log of any practical training, competitions, matches etc; that you take part in for your chosen sport. Obtain video evidence if possible.