

As we know 'Proper Preparation Prevents Pretty Poor Performance'. So, in order to prepare for the next chapter of your sporting studies, the following will give you a fast start out of the blocks to get ahead of the game.

1. Explore the OCR A-Level PE syllabus.

A Level PE Spec: <https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

A Level PE Coursework elements: <https://www.ocr.org.uk/Images/234840-guide-to-non-exam-assessment-as-and-a-level.pdf>

2. Preparation for the A-level PE VERBAL COURSEWORK - Evaluation and Analysis of Performance for Improvement (EAPI)

Part of the syllabus includes a verbal presentation coursework on evaluation and analysis of performance for improvement. This presentation is related to your chosen sporting field, and looks at you observing a performance on a video, or of a live performance, and assessing the performance, in terms of strength and weaknesses related to skills, tactics and fitness.

You then include all of your theory areas as you become 'the coach' and create a training program to improve the performance of the athlete that you have just watched.

During this interim period of Year 11 into Year 12, develop the technical areas of your coursework, focusing on Sports-specific Technical Models, coaching points, correct technique, joint analysis and effects of exercise on the body, through research.

3. Targeted reading around the subject

Performance Enhancing Drugs

<https://www.theguardian.com/sport/2016/mar/08/meldonium-maria-sharapova-failed-drugs-test>

<https://www.theguardian.com/sport/2017/sep/14/anti-doping-agencies-tell-ioc-ban-russia-2018-winter-olympics>

Hosting Global Sports Events

<https://www.independent.co.uk/sport/olympics/news/so-did-london-2012-pass-the-olympic-test-8037290.html>

Technology In Sport

<https://www.independent.co.uk/sport/ai-sport-tech-artificial-intelligence-var-football-tennis-technology-fans-a8959186.html>

Sport Psychology

Leadership

<https://community.ukcoaching.org/spaces/10/welcome-and-general/blogs/general/9480/can-you-coach-leadership-are-leaders-born-or-made-what-does-effective-leadership-look-like>

Aggression In Sport

<https://evolvreatment.com/blog/aggression-fighting-sports/>

The Golden Triangle - Commercialisation and Sport

<https://www.bbc.co.uk/bitesize/guides/z3ntfrd/revision/2>