

EDUQAS A LEVEL PE SUMMER WORK 2025

Welcome to A level Physical Education. This is a linear course examined at the end of the second year by a combination of exams (70%) and coursework (30%). The exam board is Eduqas (WJEC).

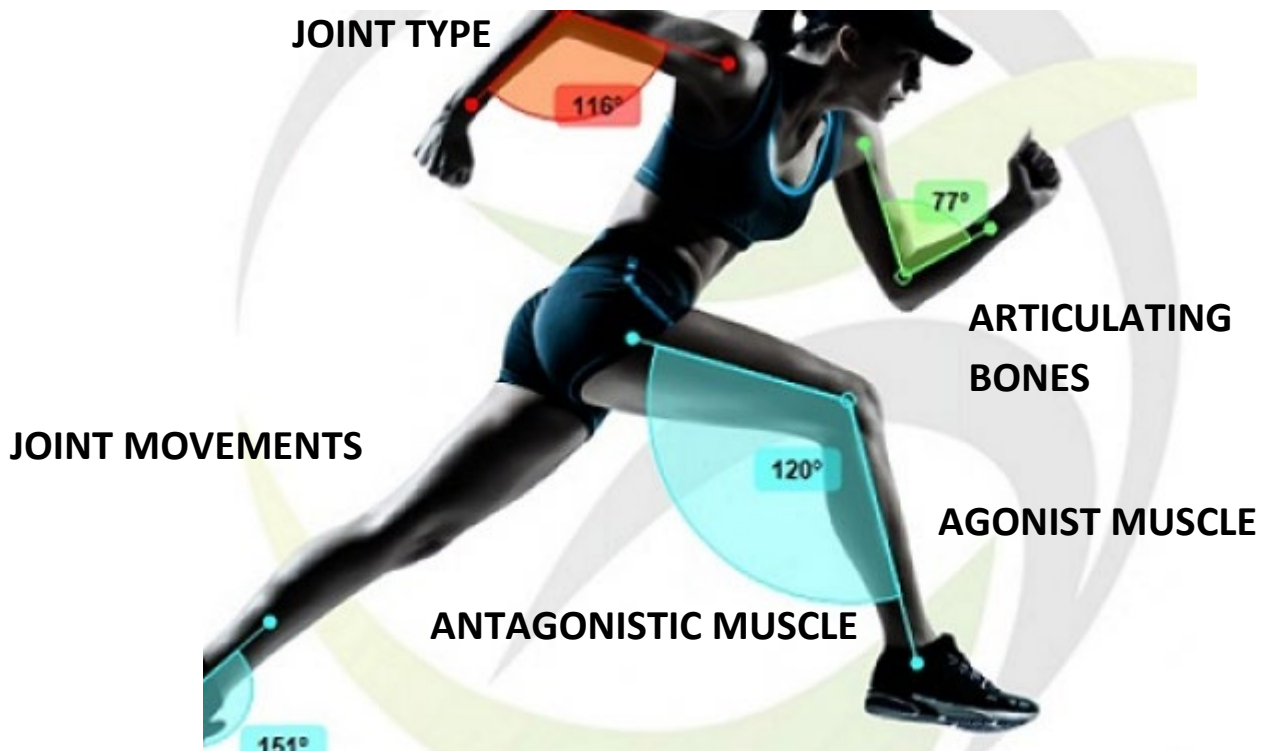
The summer work will give you some idea of the type of work that will be covered and the level of difficulty of the course.

One aspect of A Level PE that you will study in the first term is **Joint and Movement Analysis**.

Movement analysis involves an understanding of the skeletal and muscular system and how they work together to provide movement in sport. For example, the movement analysis involved in kicking a football or a tennis serve.

You will be required to answer a movement analysis question in your exam.

This question will require the following information....



Resources for this task and for the A level PE course

1. We request that you purchase the following specialist A level PE textbook which is a small expense but will include work on this topic as well as many other topics covered within the two year course.

<https://www.amazon.co.uk/My-Revision-Notes-level-Level/dp/1510405224>

Title: AQA A Level PE Book Revision Guide

Authors: Atherton Burrows Howitt Young Murray

Publisher: Hodder Education

ISBN: 978-1510405226

2. The website www.teachpe.com and the YouTube links in this document
3. There are useful documents on the Eduqas website on the GCE PE. The summer work will be based on Area 2 of the course and focus on **Movement Analysis**. The full syllabus can be found on the link below by clicking on the Specification tab and then the A Level Physical Education Specification

https://www.eduqas.co.uk/qualifications/physical-education-as-a-level/?sub_nav_level=course-materials#tab_resources

4. Any problems or questions about the summer work, please email our expert physiology specialist Chris Cope at: ccope@longroad.ac.uk
5. We **recommend** you spend time on the summer tasks and produce your best possible work. It will give Pete and I a good first impression of you as a student and is a strong indicator of what is to come on the A-Level PE course.

Good luck,

Chris Cope and Pete Charlwood.

**PLEASE REMEMBER TO ONLY PRINT OFF TASKS 3, 4 and 5 FOR THE
SUMMER WORK AND BRING TO THE FIRST LESSON.**

This should be only four a4 sheets.

Task 1: Joint Types and Articulating Bones

To allow you to gradually build up your knowledge there are **four tasks** that build on one another. Whilst there is repetition between tasks, this is deliberate and aims to reinforce some learning through repetition.

For task 1, you have to identify the **synovial joint type** and **articulating bones** in a series of common joints found in the body.

Use the link below for **both this task and the second task**. It is a YouTube video called Joints and Movement by the excellent James Morris and like most of his videos is ideal for A Level PE study

<https://www.youtube.com/watch?v=oiHNMOaXSns>

Key Terms

A **synovial joint** is a joint that allows a wide range of movement and which is composed of two or more bones which exist in a joint capsule.

Articulating bones are bones that move against one another within a joint.

Complete the table below

Joint	Joint Type	Articulating bones
Elbow		
Knee		
Ankle		
Shoulder		
Hip		
Wrist		
Trunk	Cartilaginous	Vertebrae

Task 2: Adding joint movements

There are a series of possible movements that can occur at joints. These vary from joint to joint based on the **type** of joint, the **shape** of the joint and the **connective tissues around the joint** (ligaments, tendons & muscles). The most common joint movements are identified below.

Remember that this task can also be completed using the James Morris video from Task 1

Define each joint movement.

Joint Movement	Definition
Flexion	
Extension	
Abduction	
Adduction	
Dorsiflexion	
Plantar flexion	
Rotation	
Horizontal adduction	
Horizontal abduction	

Now add possible joint movements (**only from the above list**) to the table below. The number of spaces in the final column indicates the number of joint movements possible at the named joint.

Joint	Joint Type	Articulation bones	Joint Movements			
Elbow						
Knee						
Ankle						
Shoulder			1.	2.	3.	
			4.	5.	6.	7.
Hip			1.		3.	
					4.	
			2.		5.	
Trunk						

Task 3: This involves adding the agonist muscle (Print this task after completing)

STUDENT NAME: _____

Remember, it is only Tasks 3, 4 and 5 which need to be printed off and brought to your first PE lesson

Use earlier work to complete the **Joint type, Articulating bones and Joint movement** columns and then watch a second James Morris Joint Action and Muscles YouTube video via the following link to complete Task 3. <https://www.youtube.com/watch?v=2MOK3NrVTUE>

Joint	Joint Type	Articulating bones	Joint movement	Agonist muscle(s)
Elbow				→
				→
Knee				→
				→
Ankle				→
				→
Shoulder			Flexion	→
			Extension	→
			Abduction	→
			Adduction	→
			Horizontal adduction	→
			Horizontal abduction	→
Hip				→
				→
				→
				→
			Rotation	→ Gluteus medius Gluteus maximus

TASK 4 : APPLICATION TO SPORT

Well done if you have got this far! The preliminary task involves taking what you have learnt and applying it to a series of sporting pictures to test your application of knowledge.

Remember, when complete, print off Task 3, 4 and 5 and bring to your first PE lesson at Long Road. This work will be assessed and marked so do your very best to create a strong first impression. Every single box in Task 3 needs to be completed, for example.



It is helpful to answer the movement analysis question in a table format. It structures your answer and makes sure you don't leave out any information.

Example: **Upward phase** of a sit up



Joint	Joint Type	Articulating bones	Joint movement	Agonist	Muscle contraction type
Trunk/ Spine	Cartilaginous	Vertebrae	Flexion	Rectus Abdominus	Concentric

Vertical Jump. Complete the box below based on what is shown in the picture for the ankle, knee and hip



Joint	Ankle	Knee	Hip
Joint type			
Articulating bones			
Joint movement			EXTENSION
Agonist			
Antagonist			

The Bench Press- **upward phase.** Complete the box below based on what is **shown in the picture**



Joint	Joint type	Articulating bones	Joint movement	Agonist	Antagonist
Elbow					
Shoulder			HORIZONTAL ADDUCTION		

Biceps Curl- **Upward phase.** (Picture B) Complete the box below based on what is **shown in the picture**



Joint	Joint type	Articulating bones	Joint movement	Agonist	Muscle contraction type
Elbow					

Go carefully through Tasks 3 and 4 to check that every box has been completed with the correct spelling of key terms. Once you are satisfied that task 3 and 4 has been completed to the very best of your ability, then **PRINT OFF** making sure you print your name at the top of Task 3.

TASK 5 Performance Profile (Print this Page off and hand to Pete Charlwood CTL)

Your final task for the PE Summer work is linked to your component 3 practical performance grade.

In order to be able to do the A-Level PE sport you must be actively involved and, in most cases, competing in a chosen specialist sport. In the majority of sports you will be assessed via video evidence of your performance. This will go towards **15%** of your overall grade

NB. Please see Eduqas Specification for list of Sports available for the syllabus:

https://www.eduqas.co.uk/qualifications/physical-education-as-a-level/#tab_keydocuments

Task 5 – Write a introduction about yourself and your involvement to date in your chosen specialist sport to include: -

1. Student Profile

- Your name
- Selected activity
- Position/ event/ genre of dance etc.

2. History + Current Situation Section

- Brief history of involvement
- Level that you have reached/ play at currently
- Key successes and achievements/ representative honours
- Current level and involvement/ training schedule leagues/ typical week etc.
- Future aspirations/goals for this season and beyond.
- Initial thoughts about strengths and weaknesses

PRINT OFF Task 5 and submit together with Task 3 and 4 at your first PE lesson at Long Road Sixth Form College.