

## **EDUQAS A LEVEL PE SUMMER WORK 2026**

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).

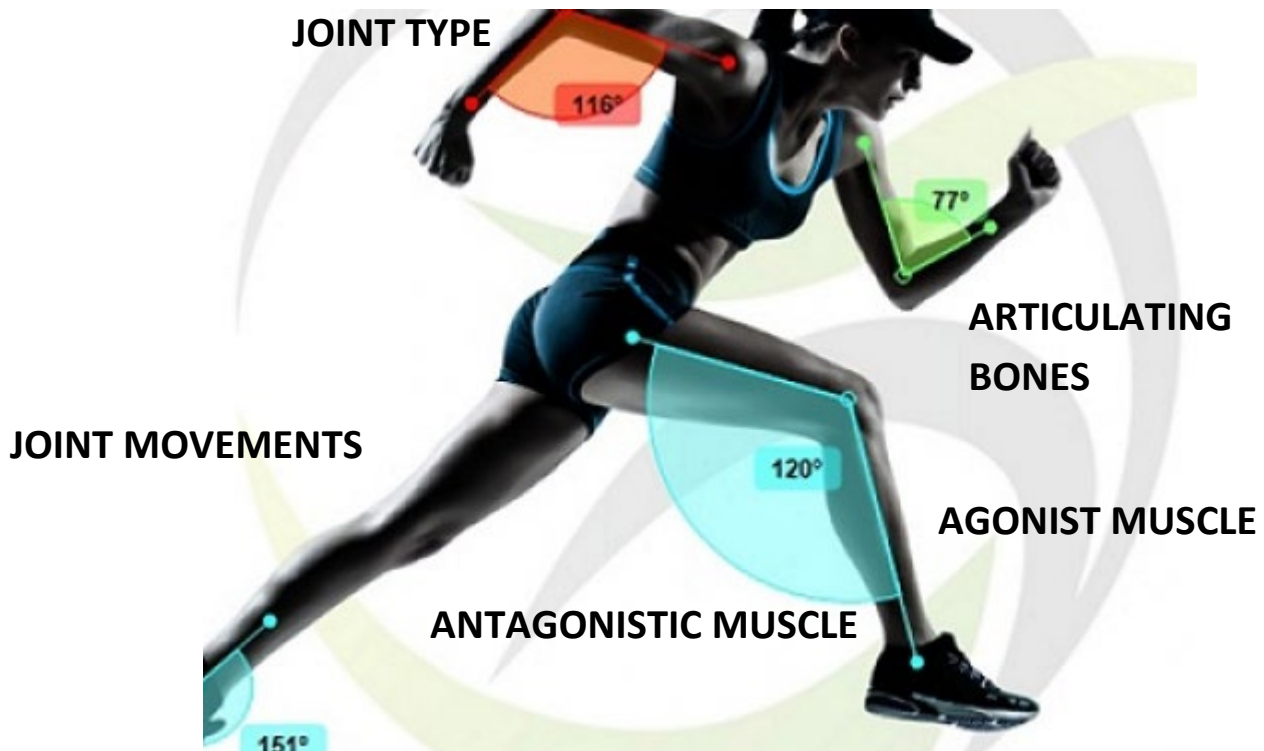
The summer work will give you some idea of the type of work that will be covered and the level of difficulty of the course.

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**

**(NB – Bursary students – the college will pay for this text book on arrival)**

2. The website [www.teachpe.com](http://www.teachpe.com) and the YouTube links in this document
3. There are useful documents on the Eduqas website on the GCE PE. The full syllabus can be found on the link below by clicking on the Specification tab and then the A Level Physical Education Specification (Not AS)

[https://www.eduqas.co.uk/qualifications/physical-education-as-a-level/#tab\\_keydocuments](https://www.eduqas.co.uk/qualifications/physical-education-as-a-level/#tab_keydocuments)

You can find some **really useful online resources provided by** EDUQAS exam board below that will support your learning throughout your time on the course:

<https://resources.eduqas.co.uk/Pages/ResourceByArgs.aspx?subId=23&lvlId=1>

4. Any problems or questions about the summer work, please email our expert physiology specialist Chris Cope at: [ccope@longroad.ac.uk](mailto: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 movement definitions

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.

Use the link below for **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=otHNMOaXSns>

**Define each joint movement.**

<b>Joint Movement</b>	<b>Definition</b>
Flexion	
Extension	
Abduction	
Adduction	
Dorsiflexion	
Plantar flexion	
Rotation	
Horizontal adduction	
Horizontal abduction	
Circumduction	
Pronation	
Supination	

### Task 2: Movement Analysis

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.	
			2.		4.	
					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

You 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 link below to complete Task 3  
<https://www.youtube.com/watch?v=2MOK3NrWTUE>

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			<b>EXTENSION</b>
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			<b>HORIZONTAL ADDUCTION</b>		

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](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

### **3. Record and provide a specific Data analysis of your performance in your chosen specialist sport. This could be one of the following depending on your sport :**

- **TEAM SPORTS:**
  - Statistical data of your performance (team game) – e.g. record a match or use Veo footage from last season and stat your performance based on KEY PERFORMANCE INDICATORS (KPI's) i.e. the key stats that are relevant to your performance in your position e.g. shooting % / Passing % etc.
- **INDIVIDUAL ACTIVITIES**
  - PBs / Split times / recent competitive times and data for relevant individual sports such as swimming and athletics e.g. Power of 10 data for athletics.
  - Golf performance = Handicap / Distances / Green in reg/ % Fairways hit etc.
  - Racket sports = Stats from a game e.g. serve % / unforced errors / Forehand winners etc
  - Dance/ Gymnastics – Video a performance and freeze frame and analyse quality of technique aesthetics, motifs etc

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