
















# Year 11
















## Transition Tasks - PE

 <p><b>Complete this MOOC.</b></p> <p><a href="#">Football: more than a game</a> University of Edinburgh This course is open now!</p>	 <p><b>Listen to this radio programme from the BBC World service.</b></p> <p>Sports Hour is a live Saturday morning sports show with reports, debate and humour. There are over 280 shows available covering all world sport.</p> <p><a href="#">BBC World Service: Sports hour</a> <i>BBC Programmes</i></p>	 <p><b>Read this article which explores the science behind wearing a helmet in sporting activities and how helmets are there to stop brain fracture and not concussion.</b></p> <p><a href="#">Football helmets don't protect against concussion - and we're not sure what does</a></p>	 <p><b>Watch this TED talk which explores how racial stereotypes have infiltrated the language we use to discuss athletes.</b></p> <p><a href="#">Shouldn't sports be colour-blind</a> <i>TED Talks – Patrick Ferrucci</i></p>	 <p><b>Complete this course.</b></p> <p><a href="#">Exercise prescription for the prevention and treatment of disease</a> <i>Future Learn</i> Available now or 4<sup>th</sup> May 2020</p>
 <p><b>Listen to this radio programme.</b></p> <p>This is a daily podcast bringing you the latest from the Premier League, EFL, European football and more.</p> <p><a href="#">BBC Radio 5 Live</a> <i>BBC Programmes</i></p>	 <p><b>Pick a story or 2 to watch</b></p> <p>Pick a story to watch. There are a range to pick from.</p> <p><a href="https://www.bbc.co.uk/programmes/p0794x8v">https://www.bbc.co.uk/programmes/p0794x8v</a> <i>BBC sport stories</i></p>	 <p><b>Watch this TED talk.</b></p> <p><a href="#">Are athletes really getting faster, better, stronger?</a> <i>TED Talks – David Epstein</i></p>	 <p><b>Listen to this podcast in which Calum and Buncey react to KSI's split-decision victory over Logan Paul in Los Angeles.</b></p> <p><a href="#">KSI vs Logan Paul II</a> <i>BBC Sounds</i></p>	 <p><b>Watch this TED talk.</b></p> <p><a href="#">My 12 pairs of legs</a> <i>TED Talks – Aimee Mullins</i></p>
 <p><b>Watch this TED talk in which Valorie Kondos Field, long-time coach of the UCLA women's gymnastics team, shares the secret to her success. Hint: it has nothing to do with "winning."</b></p> <p><a href="#">Why Winning doesn't always equal success</a> <i>TED Talk – Valorie Kondos</i></p>	 <p><b>Watch this TED talk in which Christopher McDougall explores the mysteries of the human desire to run.</b></p> <p><a href="#">Are we born to run?</a> <i>TED Talk – Christopher McDougall</i></p>	 <p><b>Watch this TED talk.</b></p> <p>How much do you know about intellectual disabilities?</p> <p><a href="#">Special Olympics let me be myself – a champion</a> <i>TED Talk – Matthews Williams</i></p>	 <p><b>Watch this TED talk.</b></p> <p>Amazing, inspiring feats of daring and determination that will bring you everywhere from the high skies to the deep sea. (Playlist of eight talks).</p> <p><a href="#">Extreme sports</a> <i>TED Talks</i></p>	 <p><b>Listen to this podcast from the British Journal of Sports Medicine. It covers all sorts of aspects of Sports Medicine, from the science behind running shoes to the power of sleep.</b></p> <p><a href="#">BJSM Podcast</a> <i>Also available on other podcast providers – search 'BJSM'</i></p>



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 <p><b>Complete</b> this training. Concussion is a huge issue in sport. The issue is also involved in the injuries work in the PE A-level.</p> <p><a href="#">RFU headcase concussion course</a> <i>Rugby Football Union</i></p>	 <p>Watch/Listen to this TED talk which looks at the world of sport psychology and offers insight into the thinking of champions. What sets them apart?</p> <p><a href="#">Inside the mind of a champion</a> <i>TED Talks – Martin Hagger</i></p>	 <p><b>Read “BOUNCE”</b> by <b>Matthew Syed</b>. We’d hope that you’ve read this already, but it is a must for anyone who wishes to understand the thinking behind the myth of talent.</p> <p><a href="#">Amazon link for "Bounce"</a></p>	 <p><b>Watch</b> this TED talk Which explores the physics behind THAT Roberto Carlos free kick. This talk highlights aspects that are involved in the biomechanics section of the A-level.</p> <p><a href="#">Football physics: The "impossible" free kick</a> <i>TED Talks – Eriz Garty</i></p>	 <p><b>Research</b> the role of UK sport in developing elite athletes and sport England for the community in keeping people active.</p> <p><a href="#">UK sport website</a> <a href="http://sportengland.org/">sportengland.org/</a></p>
 <p><b>Take</b> personality and leadership style tests to give you insight into different personality types and leadership styles.</p> <p><a href="#">Personality type test</a> <a href="#">Leadership style test</a></p>	 <p><b>Read</b> this article Which discusses periodisation of training.</p> <p><a href="#">Current concepts in periodisation of strength and conditioning for the sports physical therapist</a> <i>International journal of sports physical therapy</i></p>	 <p><b>Watch</b> this TED talk. Which discusses energy systems, recovery and muscular firing – all parts of the A-level PE course</p> <p><a href="#">The suprising reason our muscles get tired</a> <i>TED Talks – Christian Marrow</i></p>	 <p><b>Read</b> some essays from this fantastic site. Lots of excellent reads depending on which sports particularly interest you.</p> <p><a href="#">Sporting Essay Website</a></p>	 <p><b>Watch</b> this TED talk. Which explores Dick Fosbury and how he revolutionised High Jump technique.</p> <p><a href="#">An athlete uses physics to shatter world records</a> <i>TED Talks – Asaf Bar-Yosef</i></p>
 <p><b>Watch</b> Alberto Salazar: Doping in Athletics. The coach of Mo Farah, was banned recently, this documentary from 4 years ago shows the first occasions where questions were asked.</p> <p><a href="#">Alberto Salazar: Doping in Athletics</a> <i>BBC documentary (via YouTube)</i> Or a documenatryt about Russian doping in sport. <b>Icarus - Netflix</b></p>	 <p><b>Watch</b> The English Game which is a historical sports drama miniseries about the origins of modern football in England covering aspects of the emergence and evolution of modern day sport.</p> <p><b>The English Game</b> <i>Netflix</i></p>	 <p><b>Watch</b> this TED talk. This discusses muscle use when confronted with a task as well as the processes of hypertrophy and atrophy.</p> <p><a href="#">What makes muscles grow</a> <i>TED Talk – Jeffrey Segal</i></p>	 <p><b>Watch</b> the Michael Jordan basketball documentary series. Michael Jordan’s Chicago Bulls team are renowned as one of the greatest sporting dynasties of all time. While discussions rage on about who is the greatest of all time (GOAT), most people believe it is MJ.</p> <p><b>The Last Dance</b> <i>Netflix</i></p>	 <p><b>Listen</b> to one of the podcasts from The Good Sports.</p> <p><a href="#">Good Sport Podcasts</a></p>

