



A Level PE



Task	Details	Points
The Game Changers	Watch ' <i>The Game Changers</i> ' documentary on Amazon Prime and produce a 250 word argument for one side; consider any counter arguments the other side might use.	5pts
New sport	Research a new sport from a different country. Something you have never heard of or was mentioned during an A Level lesson. Write a 250 word summary of your findings, including history of the sport, rules etc,	5pts
Match analysis	Complete a match analysis of your favoured sport. This could be live or on the TV. Include stats from the game and link to A Level theory where possible.	10pts
Research	Read at least three articles that link to specific parts of your A Level course. Write a 300 word summary of your findings	10pts
The Champion's Mind- How Great Athletes Think, Train and Thrive	Read ' <i>The Champion's Mind- How Great Athletes Think, Train and Thrive</i> ' by Jim Afremov. Write a 300 word review. Consider how you can use your findings to help your in-class learnings, and what Aspire habits were used throughout the book.	15pts
Relentless- From Good to Great to Unstoppable	Read ' <i>Relentless- From Good to Great to Unstoppable</i> ' by Tim S Grover. Write a 300 word review. Consider how you can use your findings to help your in-class learnings, and what Aspire habits were used throughout the book.	15pts
The Sports Gene- Talent, Practice and the Truth About Success	' <i>The Sports Gene- Talent, Practice and the Truth About Success</i> ' by David Epstein. Write a 300 word review. Consider how you can use your findings to help your in-class learnings, and what Aspire habits were used throughout the book.	15pts
Work experience	Complete a day's work experience in a sporting context. Write a paragraph for a cover letter, explaining what you learnt from the experience.	20pts
University study	Find a university dissertation study with a sporting theme and take part. Document how you get on and if your	20pts

	findings match the study. Check with your teacher before signing up.	
Coaching qualification	Take a level 1 coaching qualification in your chosen sport and present the certificate to a member of staff.	20pts
Coaching	Assist with the coaching of a lower school team on lunchtimes or on Saturday mornings; this could include coaching or officiating.	20pts
University	Visit a university's sports facilities e.g. a biomechanics or anatomy lab anatomy. Write a 300 word review about your experience; include anything that interested you. Include photos!	20pts