

SUMMER TASKS – GCSE TO AS TRANSITION

Subject: AS Physical Education

Title: KNOW YOUR SPORT

Task(s):

Research the coaching points of 4 core skills in your sport/ event/ performance. For eg: use of inside/outside and top of boot for dribbling in football depending on scenario - but what do your legs, hips, torso, arms and shoulders/neck do? What would you say to coach someone else how to do it? Power, technique, tempo, rhythm?

1

2

3

4

How long should I spend on this? 1 hour

How will I get feedback? Start of term

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