

A-Level PE

Y11-12 Transition work 'getting ready for sixth form'

Complete an extended piece of writing on your sporting profile. Describe how got involved in your sport and your current participation level. Remember to combine this by explaining your current experience level and the level that you perform at.

It is important to analyse your skills set in comparison to a named elite performer in your sport. You must then make some suggestions on how you would attempt to design a training programme or any other relevant guidance towards making yourself more like your chosen named performer.

Remember to talk about all of the key issues below:

Things to consider:

Key Skills in your Sport

Key Tactics in your Sport

Key Fitness Requirements

Elite Performer and a comparison of their skills in your Sport

Comparison of yourself in relation to your elite performer

Consider different forms of training that could help you improve your game – This could include

- Diet / Nutrition
- Fitness Programmes
- Skills Practices
- Preparation and Planning
- Anything else you think is relevant