

## **Year 12 A-Level PE Induction task**

For the sport you plan to use for the practical element of PE do the following.

- Identify an area of weakness
  - Be specific about what skill is the weakness
  - Write a paragraph describing how this affects you in a game / performance
  - Identify what the fault is within the skill E.g. When shooting I am striking the ball with the wrong part of my foot
  
- Identify the cause of the weakness
  - Is the cause physiological? E.g. Related to cardiovascular fitness
  - Is the cause psychological? E.g. are you not focused due to distractions
  
- Suggest a solution to the weakness
  - This could be a fitness training programme or a psychological intervention
  
- Identify social factors that negatively affect peoples participation in your sport or activity
  - E.g. Gender / Socio economic groups
  
- Suggest ways to mitigate / remove these barriers to participation

This task should take up no more than 2 sides of A4 paper. Please have this ready to hand in on the first lesson of the year.