**Preparing for Transition from Key Stage 4 to Key Stage 5**

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| **Subject** | **Qualification** |
| **Physical Education** | **A Level** |
| **Recommended Reading Materials** | **Recommended Websites**  |
| * AQA A-Level PE Textbook (ISBN 978-1-5104-7330-0)
* Following leaders within the Sports Science field on social media
* Download the BBC Sport app and use it to improve your knowledge of sporting issues
 | [www.bbc.co.uk/sport](http://www.bbc.co.uk/sport) - BBC Sport<https://www.hoddereducation.co.uk/myrevisionnotesdownloads> * *A-Level*
* *Physical Education*
* *AQA A-Level PE*
* *Topic quizzes*
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| **Preparation Tasks** | **Recommended Research**  |
| * Topics covered in Year 1 of A-Level PE include Anatomy & Physiology, Skill Acquisition, and Sport and Society
* You will not be expected to have an in-depth knowledge of these topics but knowing a little bit about them will help you to feel more confident when starting your studies.
 | * Use the following link to download the A-Level PE specification (7582):
* <https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582> - AQA
* If you have a sports-related career path in mind, do some research on what your next steps will be after sixth form college. Many of our PE students go on to University to study a variety of disciplines such as ‘Sport and Exercise Science’, ‘Physiotherapy’ and ‘Sports Psychology’
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| **Recommended trips or visits this Summer** |
| Your local library (when open again), may have some good books that will give you an insight into the wide range of PE and Sport Science topics that you will cover in A-Level PE.  |
| **Tasks to Complete** |
| * Do some research into the topics mentioned above. You might like to start by looking at the Cardiovascular System (Anatomy & Physiology), Skill Continuums and the Transfer of Skills (Skill Acquisition), and Pre-Industrial Sport (Sport and Society).
* Ensure you buy stationery you might need to start sixth form college i.e. paper & pens.
* Think about any questions you may have for your enrolment interview / start of course.
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