Summer Transition Work PE

Task:

Write an essay on the following topic:

1. What impact has advanced technology had on sport and physical activity? (10 marks)

2. How are groups and teams formed and what effects the performance of a

 group? (10 marks)

3. How would an athlete prepare for the Marathon des Sable? (10 marks)

You should write your answers in continuous prose.

Your essays will be marked for its technological accuracy and for the quality of your written communication.

Per question, the maximum number of marks that can be awarded are:

Knowledge and understanding 3

Opinion and judgement supported by practical examples 3

Analysis and critical evaluation 4

Hints

1. What technological advancements have there been? Think about the impact of equipment and facilities on participation, training and competing.

 Address both advantages and disadvantages of technology.

2. What is the Tuckman model of the development of a team?

 Give examples of different teams in sport

3. Research the conditions of the race, what principles of training do they need to consider and how would they apply them?

What method(s) of training would they use and why?

What are the adaptations you would expect if this training was followed?