

# A sprint start to your success in A Level physical education

Welcome to A Level PE at Meridian.

We hope you are excited about exploring physiological, psychological and sociological topics in sport and look forward to working alongside you.

Your summer preparation work is as follows:

1. Complete the topic exploration pack into the use of Modern Technology in Sport. You can use the copied pages of the textbook, [www.brianmac.co.uk](http://www.brianmac.co.uk) and [www.teachpe.com](http://www.teachpe.com) to help you.
2. Record yourself competing in your current strongest sport so that we can give you a starting practical grade in September.
3. Read and save/photocopy 5 articles to do with the use of technology in sport.
4. Save this web page into favourites on your PC/Phones as it is the bible to how your course is set up.

<http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/>

We will expect this work to be completed before you return to us in September.

Any queries or concerns then please contact Mrs Chapman on [V.Chapman@rsat.org.uk](mailto:V.Chapman@rsat.org.uk).