**A Level PE Transition Activities:**

**Anatomy and Physiology**

In Anatomy and Physiology, the first topic you study will be the Cardiovascular System. Complete questions 1-4, making notes and noting down the reference.

1. Print a diagram of the heart and the circulation of blood around the body. Label the components of the CV system and show the route of oxygenated and deoxygenated blood.
2. State, describe and explain the immediate effects of exercise on the CV system.
3. State, describe and explain the long-term effects of exercise on the CV system.
4. Research and make notes on the following key terms: anticipatory rise, vascular shunting, vasodilation, vasoconstriction, sympathetic nervous system, parasympathetic nervous system, chemoreceptor, proprioceptor, baroreceptor, haemoglobin, myoglobin, oxyhaemoglobin, blood pressure, venous return.

**Skill Acquisition**

Research and make notes on the following:

1. What are the characteristics of a skilled performance?
2. There are four skill continuums that we use to classify skills, environmental, continuity, pacing and muscular involvement. Research each of these and make brief notes.
3. Choose one skill from your sport e.g. dribbling in football and decide where you would put it on each continuum e.g. is it an open or a closed skill and why?
4. Choose 10 skills from sport and place them on the pacing continuum.