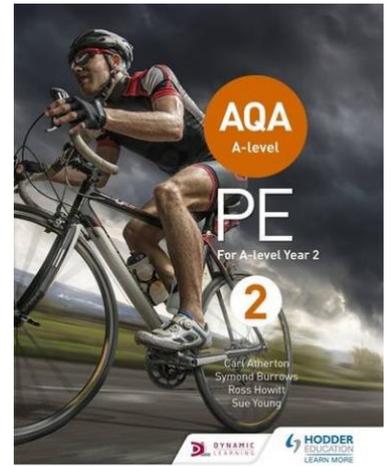
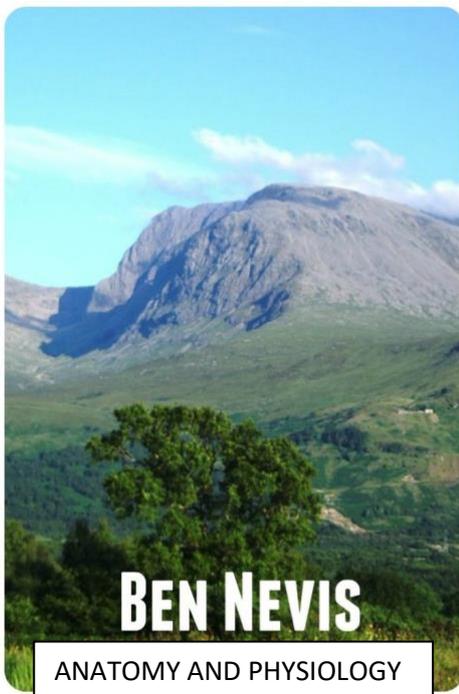


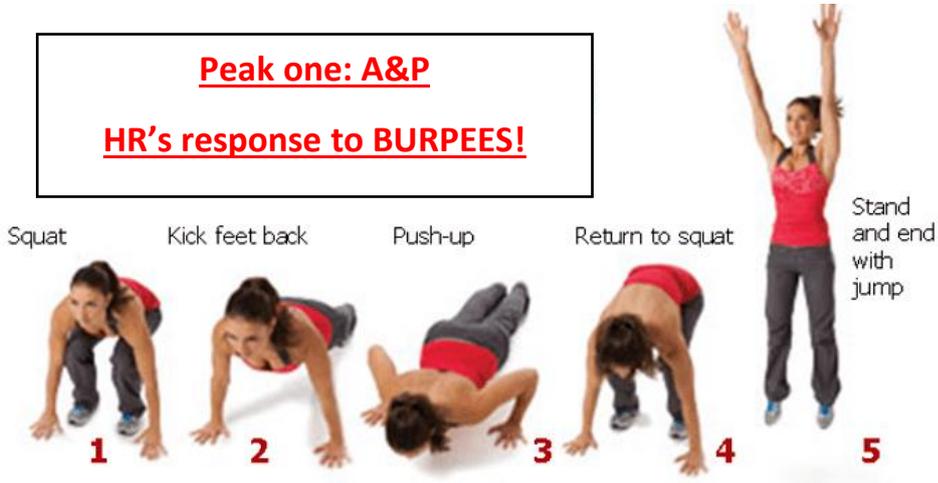
A-Level PE
Three Peaks Challenge:



In the first year of A-level Physical Education at Shrewsbury Colleges Group you will be have one lesson a week on three key areas of the course: Anatomy and Physiology; Acquisition of Skill; Sociology of Sport. Below are the three activities / challenges you should attempt prior to starting the PE course, one focused on each topics area to give you a taste of the things you will learn at SCG.



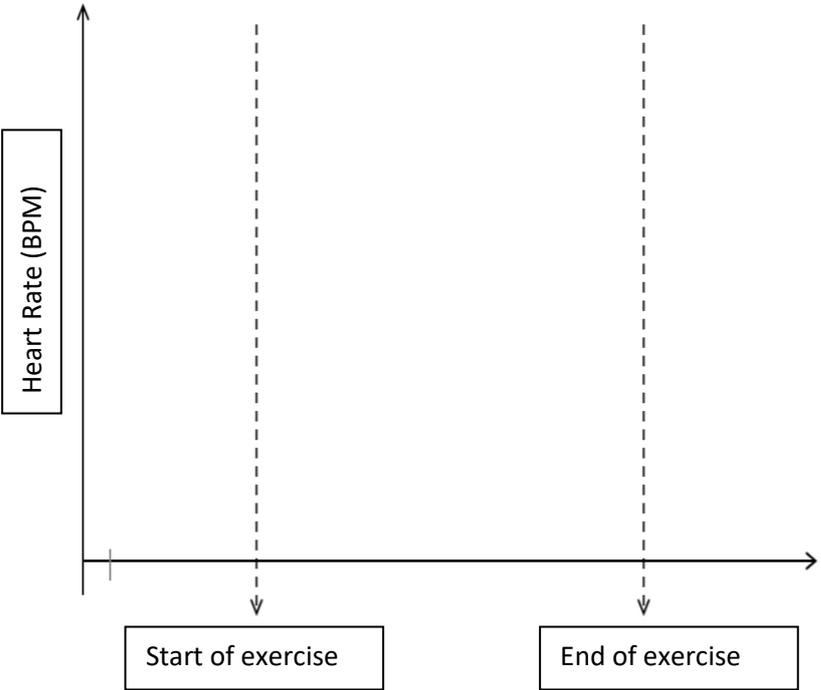
Peak one: A&P
HR's response to BURPEES!



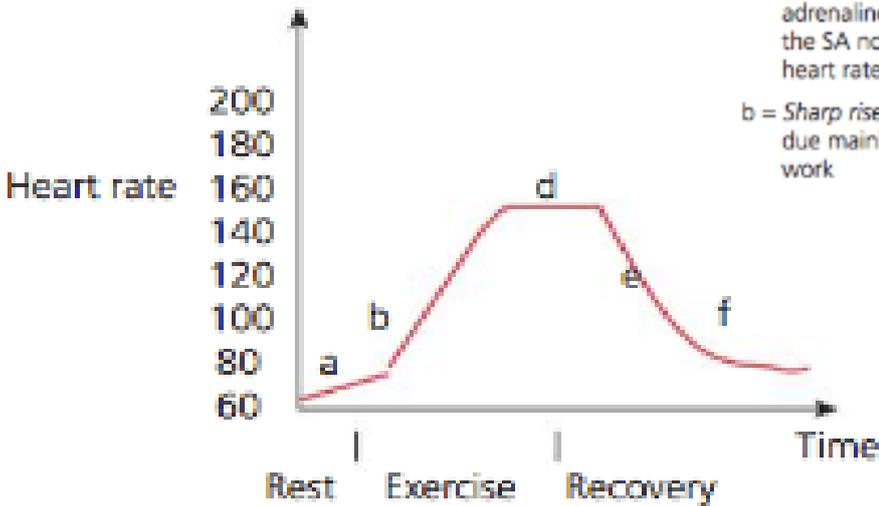
Record your heart rates response to exercise in the table below:

Use the graph at the bottom of the page to roughly plot your 5 key changes to your HR during exercise:

Heart Rate (HR) at rest	BPM
HR just before exercise	BPM
HR after 10 Burpes	BPM
HR after 10 more Burpes	BPM
HR after 10 more Burpes	BPM
HR after 1 minute rest	BPM
HR after 2 minutes rest	BPM
HR after 3 minutes rest	BPM
HR after 4 minutes rest	BPM
HR after 5 minutes rest	BPM



Submaximal exercise



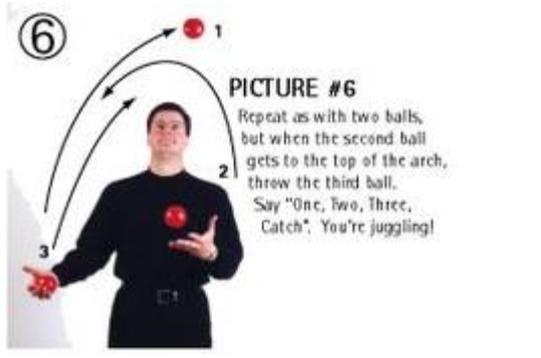
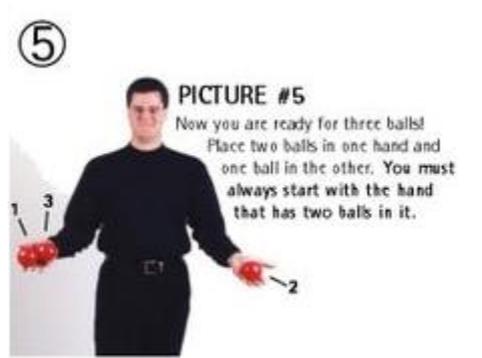
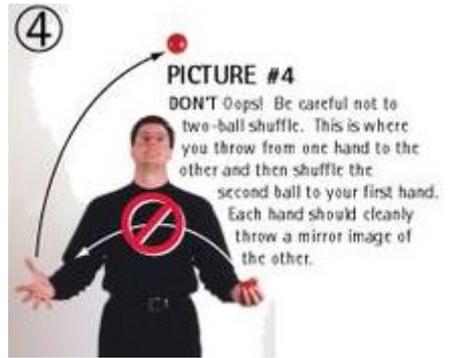
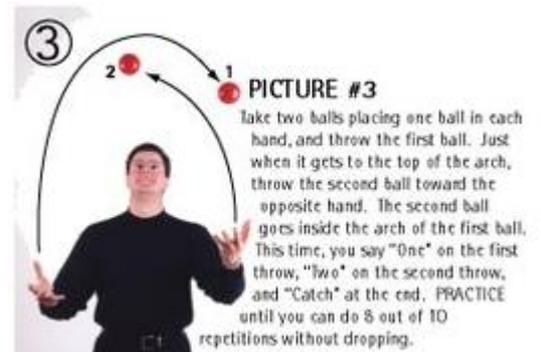
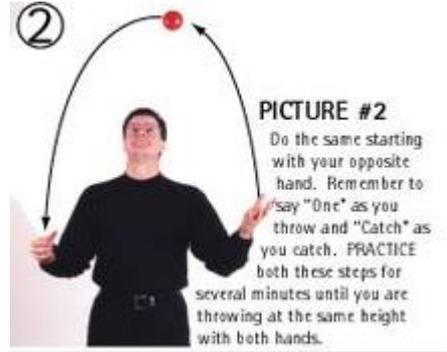
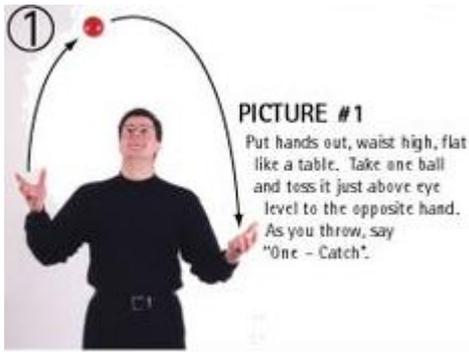
a = Anticipatory rise due to hormonal action of adrenaline which causes the SA node to increase heart rate
b = Sharp rise in heart rate due mainly to anaerobic work

d = Steady state as the athlete is able to meet the oxygen demand with the oxygen supply

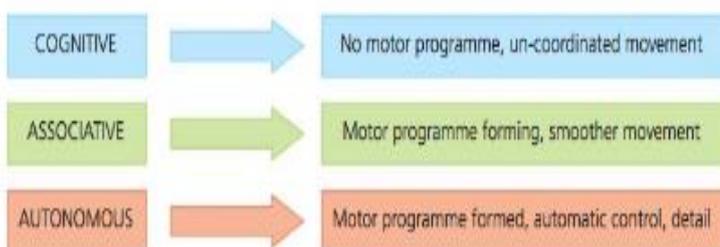
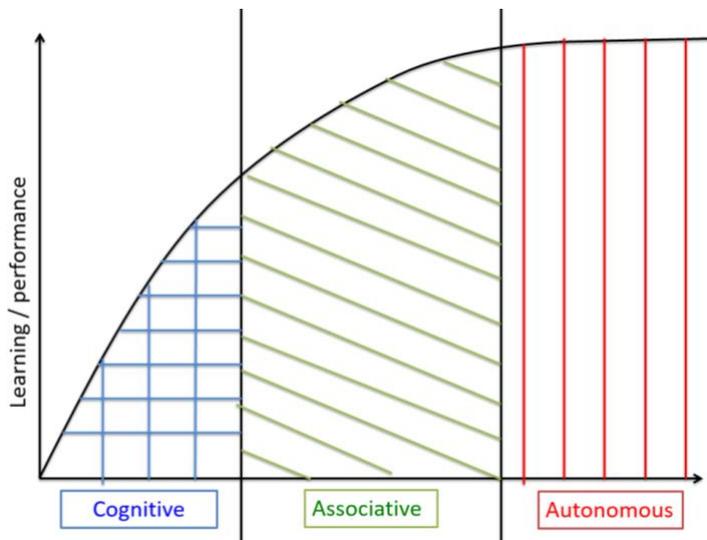
e = Rapid decline in heart rate as soon as the exercise stops

f = Slower recovery as body systems return to resting levels. Heart rate needs to remain elevated to rid the body of waste products, for example, lactic acid

Peak two: SKILL - Stages of learning (to juggle!)



We are always learning, sport is a great example of this. Your second challenge is to learn to juggle (or a new juggling trick if you're already an expert!) Keep a record of the amount of time you can juggle the ball for twice a week and record your progress. Once you have done this for a few weeks, see if your improvements match up with the three stages of learning:



Session	Best time:
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Peak three: SOCIO - Benefits of exercise

Even in LOCKDOWN the Government recommends an hour of exercise! This highlights the importance of exercise for all of us, but what are these benefits? Draw three cartoon pictures to represent 3 key benefits of exercise for our 1) Physical, 2) Social 3) Mental Wellbeing and underneath each write a key word to explain the picture.

Physical benefits of exercise		
Social benefits of exercise		
Mental benefits of exercise		