

# Y11-Y12 AS LEVEL PHYSICAL EDUCATION

## TRANSITION WORK

### PRACTICAL

- Download the specification for your sport of the OCR website

<https://www.ocr.org.uk/Images/234840-guide-to-non-exam-assessment-as-and-a-level.pdf>

- Look at the core and advance skill and identify which one would be **YOUR** major weakness.
- Suggest what training you could do in 3-4 weeks to improve this weakness

AND/OR

You can video yourself performing the core and if possible the advance skill, as this can be added to your final video at a later date.

Make sure you look the part in the video!