



## A Level Physical Education – Taster Task

### Anatomy and Physiology – Mr Currie

We always start this section of the course with some analysis of movement.

If you have done GCSE Physical Education you may already know some of these joint actions but there will also be some new ones to learn.

To help you get off to a good start watch the YouTube video and learn the types of movement possible: <https://www.youtube.com/watch?v=q84mnY-6ov8>

**Task-** Prepare a PowerPoint presentation on your understanding of the different joint movements of the body giving detailed sporting examples, using an elite athlete from your sport or annotated photographs from you performing.

**Extension Task** – Find out which muscle groups are responsible for these joint actions & add them to your images of sporting movement analysis.

