

Summer Work- A-Level PE

Component 1

Anatomy and Physiology

Select a sportsperson of your choice and label all the bones and muscles in their body. Present it in a PowerPoint presentation along with the functions of each bone/muscle and how they are used by your sports person.

Component 2

Sports Psychology

What is personality? *Describe & explain how personality is comprised.*

Use your acquired knowledge of personality to analyse the personality and characteristics of the performers below.



Roger Federer



Novak Djokovic



Serena Williams