



The Thomas Hardy School  
**Summer Preparation Task**  
Physical Education A Level

**Purpose of task:**

To prepare future PE students for the specification and its links to a balanced active and a healthy lifestyle.

**Task:**

The Government is increasingly concerned at the levels of obesity and inactivity in the population. It is funding many strategies whose aim is to educate and improve the lifestyle of the UK population.

GP surgeries often refer patients with a BMI over 30 to a Personal Trainer.

You will need to research this area, suggest lifestyle improvements and make recommendations for a fitness programme from the perspective of a Personal Trainer (both exercise and diet related) to a 50 year old client with obesity who has been referred to you.

Aim for at least 1000 words (include diagrams and charts/pictures as necessary.)

**Recommended resources:**

Daily newspapers (broadsheet)

Public library

PE Review magazine

See below

**Additional Information:**

**Required Stationery and Equipment for Physical Education A Level**

Sports kit and the usual stationary, calculator etc.

**Essential Resources**

The text book which for each year of study retails at £25.  
Optional revision guide.

**Things to Consider Throughout the Year**

It is important for students to be able to develop their chosen sport in a local club setting.

**Recommended reading & activities list:**

OCR PE 2<sup>nd</sup> edition-from School library  
Health and fitness magazines and websites  
PE Review magazine  
[www.nhs.uk/Livewell/fitness/Pages/Whybeactive.aspx](http://www.nhs.uk/Livewell/fitness/Pages/Whybeactive.aspx)

**Deadline for Task:** First lesson in week commencing 10<sup>th</sup> September 2018