



A Level Physical Education

Summer Work

The Human body is made up of a system of levers that allow movement.

You are to research and present your findings on the **3 different lever systems** making reference to any of the following sporting actions.

- Leg action in running/sprinting (hip, knee and ankle)
- Movement at the shoulder in over-arm throwing and racket strokes (shoulder and elbow)
- Leg action in squats (hip, knee and ankle)
- Arm action in push ups (shoulder and elbow)
- Leg action in kicking (hip, knee and ankle)
- Leg action in jumping (hip, knee and ankle)



You should make reference to the following in your finding:

- **Load, Effort and Fulcrum**
- **Effort Arm**
- **Resistance Arm**
- **Mechanical advantage and disadvantage**

You must present your finding in handwritten prose, although you may include drawn diagrams to help illustrate your findings. Your work will be marked to A level standard and should take approximately 5 hours to complete.

This must be handed in during your 1st week at MV16 in September. Any problems please email: Claire.preston@mv16.org.uk