

Bridging Work – Physical Education

What are the aims?

To introduce you to key concepts in PE and some of the key themes studied in Y12.

How will the work be assessed?

You will be asked to produce and discuss your answers in your first week's PE lessons. Work will be taken in and monitored. **Bear in mind we are not expecting you to understand *everything*. We know you are novices who will blossom into experts.**

What should you do if you find the work difficult?

Firstly, attempt all the work.

If elements are challenging you should seek other sources. Seeing something explained in different ways can help. Use the internet to guide you, including these websites:

- <https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/teaching-resources?f.Resource+type%7C6=Textbooks>
- [AQA PE quizlet](#)
- Use BBC bite size GCSE PE to refresh your memory then look at the A level content again
- Mind map

Physical Education BRIDGING WORK

Preparing for PE A-Level

A level PE consists of three main sections: Psychology, Anatomy and physiology and History.

The history section looks into pre industrial sport and how different classes of people (upper and lower) had different opportunities when it came to sport. It also looks at how the development of technology, transport, media, communications all affected sport in this time.

The anatomy and physiology section looks at the body systems. In year 12 we will look at the cardiovascular system (the heart), the respiratory system (lungs, alveoli), neuromuscular and muscular skeletal (how the brain controls the muscles and movements within the body).

The psychology section looks at skill acquisition and sport psychology. Topics we look at include:

- Skill and ability
- Learning plateaus
- Anxiety, arousal and aggression
- Stages of learning
- Feedback and guidance
- Personality
- Theories of learning

Compulsory work to be completed by your first PE lesson in September:

1. Look up the following PE terms. Note down the definition and a brief explanation:

- **Balanced diet**
- **Cardiovascular system**
- **Respiratory System**
- **Neuromuscular system**
- **Joint action**
- **Antagonist muscle**
- **Agonist muscle**
- **Urbanisation**
- **Mob football and real tennis**
- **Social facilitation/inhibition**
- **Skill and ability**
- **Transfer of learning**

Research task (one small task per section)

- **What is the difference between mob football and real tennis (History section of A LEVEL PE)**
- **Research and learn the Cardiac Conduction system (Anatomy and Physiology section)**
- **What is the difference between skill and ability?**
- **What are the different types of transfer when learning a skill?**

Helpful websites and books you could purchase.

- <https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/teaching-resources?f.Resource+type%7C6=Textbooks>
- [AQA PE quizlet](#)
- James Morris (you tuber AQA A level PE individual topics)

Practical

For Physical Education it is also necessary to have one main sport that you are very good at to achieve your best grade. Over Summer make sure you know what this sport is and you continue practicing it so when we moderate you in the coming year you can get the best mark.