



A LEVEL PHYSICAL EDUCATION: BRIDGING ACTIVITY

<https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

Anatomy and Physiology

Joint analysis

We will be starting 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. Concentrate your attention on the following joints:
- shoulder, elbow, hip, knee and ankle.

For each joint use the following format to help set out your work. The PowerPoint presentation will be five slides long. Each slide will focus on a different joint. Please complete all boxes. You will need to focus the majority of your research on looking at the possible joint actions. There may be only two joint actions at some joints, but there could also be as many as 7 or 8.

<u>Joint</u>	<u>Type of Joint</u>	<u>Articulating Bones</u>	<u>Possible Joint actions</u>
Shoulder	Ball & Socket		

The presentation you bring with you to the first A Level Anatomy and Physiology lesson will be the basis from which we develop the topic into more detail, so don't forget it! **(This task should take 2 ½ hours)**

Extension Task – Find out which muscle groups are responsible for these joint actions. In order to complete this extension, task your will need to include a fifth column. Muscle names must be spelt correctly. When completing this task make sure that you are able to link a specific muscle to a joint action. Muscle terms such as hamstrings and quadriceps are not acceptable. **(This extension task should take 2 ½ hours)**

To get more into what this subject is about at a higher level:

You should subscribe to James Morris – A Level PE on Youtube.com. Please take the time to watch his videos on movement analysis.

https://www.youtube.com/results?search_query=james+morris+a+level+pe

Skill Acquisition

The first section under Skill Acquisition will be the characteristics of skill, the use of skill continuums and understanding how transfer of learning impacts skill development.

Task

Watch the following YouTube video:

<https://www.youtube.com/watch?v=DT38s31gOvM&list=PLB804075A8016A865>

Using the information in the video complete the following tasks:

1. Create a double sided A4 information sheet of the six different areas of classifying movement skills, using sport specific examples.
2. For your chosen sport as a performer, place three core skills across each of the six continuums.
3. Answer the following exam question:
Identify a motor skill in your chosen sport and justify its classification on the open-closed continuum (6 marks).

(This task should take 3 hours)

Extension Task

- Research and make detailed notes on the principles and theories of learning and performance in sport, to include the learning plateau, cognitive theories, behaviourism, social learning and constructivism.
- **(This task should take 3 hours)**
- Research the recent increase in focus on sports psychology and how elite athletes and teams use techniques and strategies to improve performance.
- **(This task should take 3 hours)**

To get more into what this subject is about at a higher level:

You should subscribe to James Morris – A Level PE on Youtube.com. Please take the time to watch his videos on skill acquisition.

https://www.youtube.com/results?search_query=james+morris+a+level+pe

Sport and Society

We will be starting the course learning about the emergence of globalisation of sport in the 21st century, more specifically how early popular and rational recreation has influence and led to modern day sport as we now know it.

Task- Choose either mob football, real tennis or the Olympic Games.

Use the internet to research and create a double sided (A4) leaflet about your chosen sport, to include the following information: -

- The origins of the sport/activity
- The rules of the original version of the game (for Olympic Games, this should be eligibility to compete)
- How the sport/activity has since developed in history (including key dates)
- Any influential names in the history of the sport/activity

This task should be 1000 words long. and should take 4 hours

Extension Task – Research any/all of the following topic areas and create a 10 question pop quiz, with answers

Topics:

- Industrial revolution's impact on sport (**please look at the London 2012 Olympic Opening Ceremony to help with your understanding**)
- Two tier class system
- Changing role of women in sport
- The changing status of amateur and professional performers

This task should take 2 hours

To get more into what this subject is about at a higher level:

You should also get up to date with contemporary issues regarding sport so you should regularly check the BBC Sport pages for and important issues such as drugs, racism, sexist behaviour etc.

You should subscribe to James Morris – A Level PE on Youtube.com. Please take the time to watch his videos on Sport and Society, History of Sport and Contemporary Studies.

https://www.youtube.com/results?search_query=james+morris+a+level+pe

Please note that all work must be typed up and printed out.