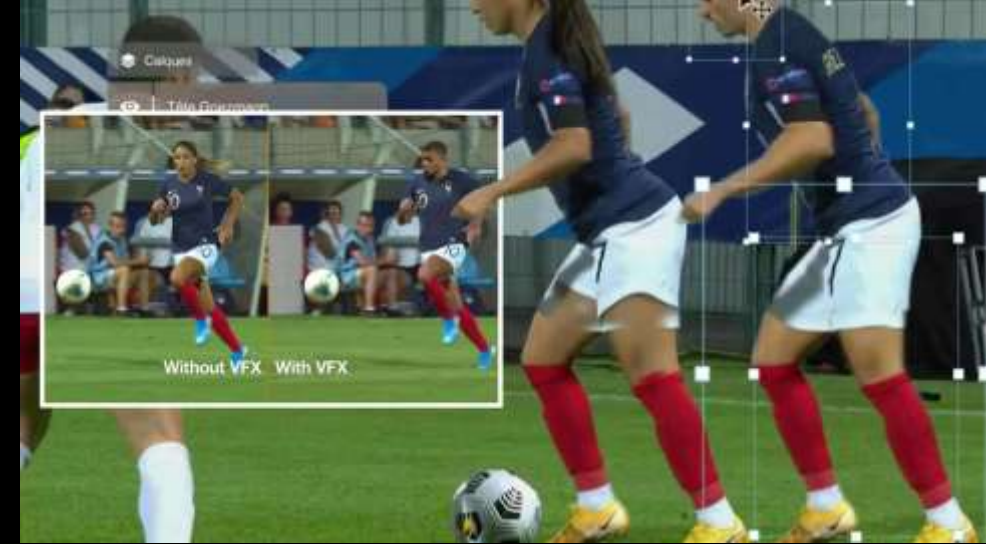


PE & Sport: Bridging work

Outline: We use OCR for both our A-Level PE course (H155) and our Cambridge Technical in Sport and Physical Activity (level 3). Both courses have similar and varied elements to them. The best thing you can do, is to keep playing sport as much as possible and to keep up to date with any sporting events that are happening. There are many topical issues in sport at the moment; gender pay gap, transgender athletes, commercialisation, sponsorship, kit etc. Try to read different newspaper articles and be ready to give practical examples in your lessons and written work.



Textbooks

We use the following textbooks in lessons, which you can borrow:

For A-level students, we also recommend buying the revision guide:



Things to watch:

1. Women's world cup and read newspaper articles about the differences in prize money
2. Icarus on Netflix (drugs in sport)
3. Netball World cup, is this a professional sport?
4. Any live sport on TV!



CTECH Sport students



Create a Performance Profile of you and your sport

Your profile must include;

- The National Governing Body and how the sport is funded at a Grass Roots and Elite Level
- Barriers to participation
- Identify your strengths & weaknesses as a performer in terms of skills, tactics & fitness
- Print off a picture or create a video of yourself performing a specific skill.
- Label the picture in terms of anatomical movements
- Describe how you mentally prepared for the activity?
- Highlight the health & fitness benefits of taking part in the sport. In terms benefits to the cardiovascular system, muscular system and social benefits.

A-Level PE students

1. Purchase 4 folders with dividers for each of the sections.

2. Create a Performance Profile of you and your sport

Your profile must include;

- The National Governing Body and how the sport is funded at a Grass Roots and Elite Level
- Barriers to participation
- Identify your strengths & weaknesses as a performer in terms of skills, tactics & fitness
- Print off a picture or create a video of yourself performing a specific skill (or use the hockey player above). Classify the skill in terms of whether is it open/closed, gross/fine, high/low organisation, simple/complex, discrete/serial/continuous, internally or externally paced.
- Label the picture in terms of anatomical movements
- Highlight the health & fitness benefits of taking part in the sport. In terms benefits to the cardiovascular system, muscular system and social benefits.

