



## A Level PE Bridging Work



The aim of this work is to prepare you for A level Physical Education, which as you are aware, requires a much deeper understanding of a variety of concepts you will have covered at GCSE. If you didn't do GCSE PE, please don't worry - some of our most successful students did not study P.E in KS4. They did, however, work hard to catch up!

The following tasks are of course not compulsory, but if you attempt them or at least read/watch the suggested programmes/books at the end of this document, you are helping yourself to have a deeper understanding moving forwards.

### Task 1

Select a sport of your choice and within that up to 4 sporting actions from that activity. For example, in football you may choose a header, a strike, a volley and a tackle. Once you have done that, find a picture from the internet of someone performing these, like the one below, and label the following: The joint type, the articulating bones, the movement occurring at the joints, the muscles involved and the type of muscle contraction occurring. You could even identify the lever systems

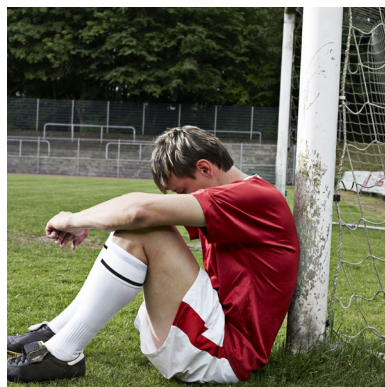


involved.

### Task 2

There are a number of theories in sports psychology. Choose at least two of the following theories, research them and describe how these concepts may impact performance, using real examples to support your description. You could even try to predict how athletes may have been affected psychologically by the effect of the cessation of competitive sport due to Covid-19. There will be questions on this in the coming years I am sure!

- \* Arousal and anxiety
- \* Aggression
- \* Motivation
- \* Confidence



### Task 3

Technology has taken some major steps forward in the past 10 years. Using one sport, describe how the impact of technology has positively (and perhaps negatively) affected the player, the official, the coach and the spectator.



### Suggested reading/watching



The Last Dance: Story of The Chicago Bulls	All Or Nothing: Manchester City	The Answer: Allen Iverson – Basketball	My Sub Two Hour Marathon Eliud Kipchoge – Athletics	Behind The Mask: Tyson Fury
Counter Punch: Boxing Documentary	All or Nothing: The All Blacks	When Naz Hit NYC: Prince Naseem – Boxing	The Masters 2019: Tiger Roars Again – Golf	Open: Andre Agassi
The Game Changers: Diet & Nutrition	Steven Gerrard: Make Us Dream	Road To Redemption: Tyson Fury – Boxing	FIFA World Cup Rewind: Various – Football	Unbeatable: Jessica Ennis
The Short Game: Youth Golfers	Andy Murray: Resurfacing	Who is Zlatan?: Ibrahimovic – Football	Shame In The Game: Racism – Football	You CAN Be Serious: Adrian Nicklin
Last Chance U: American Football	Fittest On Earth: CrossFit	Chasing Perfections: The Twinkles – Cheerleading	All By Himself: George Best – Football	No Limits: Michael Phelps
Stop At Nothing: Lance Armstrong Story	Redemption: Climbing	The Black Mamba Mentality: Kobe Bryant – Basketball	Driven: Billy Monger – Motor Sports	The Greatest: Muhammad Ali
Sir Alex Ferguson: Secrets Of Success	Champs: Boxing World Champions	Journey To The Kop: Jurgen Klopp – Football	Inside The Cage: Rise of Female MMA	Messi: Lionel Messi
Icarus: Sport & Doping	This Is Football: The Impact on Society	The Body Coach TV: Home Workouts	Scotland's Rugby Classics: Various	Courage To Soar: Simone Biles

**If you can, access the media above (a break from all the physical activity) and note take any relevant points that may be related to your course: factors impacting performance, approaches, monitoring/evaluating performance, recovery from injury, mental/emotional impact of set backs, the mentality of a world class athlete – among others.**

We obviously have textbooks but we do not want you to go out and buy these as we provide them when you enrol, and you return them at the end of the course. Meanwhile, here are some good suggestions that will help you to apply some of the concepts we cover: