



Christopher Whitehead Sixth Form

A-level Physical Education Summer Bridging Task

THE PURPOSE OF GIVING YOU A SUMMER BRIDGING TASK:

- i. To provide a bridge from level 2 to level 3 study, and lead into the initial stages of the course.
- ii. To engage you in independent learning from the outset.
- iii. To encourage you to demonstrate your commitment and work-ethic.
- iv. To measure your suitability for the chosen course, and identify if you need support
- v. To assess your initial levels of achievement and set relevant targets for you to succeed in this subject.

(All of your work must be typed and presented in the standard expected at this level)

NB – Please ensure each module is done on a separate sheet

Module

Physiological factors affecting performance (01)

Learning Outcome:

- You will be able to demonstrate a clear understanding of the structure and function of the key systems in the human body.
- You will be able to supply clear evidence of how to sustain lifelong habits with regard to exercise.

You are required as part of this course to develop your knowledge and understanding of the roles of the skeletal and muscular systems in the performance of movement skills in physical activities and sport.

Task 1: Label a skeleton naming the bones and also identifying the appendicular skeleton and the axial skeleton. (10 minutes)

Task 2: The skeleton has 5 main functions. Find out what they are and give examples of how the functions of the skeleton enable you to carry out your everyday needs and routine. (30 minutes)

Task 3: Research the use of drugs in Sport. Find and print five different articles that show the impact various drugs have on performers, their performances and the effects it has on other athletes. Write a supporting document that explains why the athletes took the drugs, what impact (if any) it had on their performances and what your views are on the use of performance enhancing drugs and their place in competitive and recreational sport. (1 hour)

Task 4: Define the following key terms;

- Flexion
- Extension
- Abduction
- Adduction
- Agonist
- Antagonist
- Isotonic
- Concentric
- Eccentric
- Isometric

Module

Sport and Society (03)

Learning Outcomes:

- You will be able to demonstrate a clear understanding of sports participation over the last ten years and analysed reasons for an increase / decrease in participation.
- You will explain the role of UK Sport and National Institutes in developing sporting excellence/high performance sport.
- You will be able to explain how your selected sports' National Governing Body has helped increase participation levels and developed awareness of your sport.

You will be required to develop your knowledge and understanding of how practical activity and sport have developed through time and the factors that shape contemporary sport.

Task 1: (15 minutes)

Define the terms;

- Sporting excellence
- Elite performance
- UK Sport
- National Institutes of Sport
- Economical
- Political
- Social
- Sporting endeavour
- Physical prowess
- Shop Window Effect
- Commercialisation

Task 2: You need to research how you're chosen sport's National Governing Body (NGB) provides support from talent identification through to elite performance. (What do they have in place to identify a talented performer to helping them achieve sporting excellence?) (30 minutes)

Task 3: You need to research the role of UK Sport and National Institutes in developing sporting excellence / high performance sport. Who are these organisations, what are their aims, what programmes do they have in place to support sporting excellence? (20 minutes)

Task 4: (1 Hour)

Sport has become a huge business in contemporary Britain, generating significant income and building awareness of a broad range of sporting activities. You need to research how sports participation levels have changes over the last ten years in a range of sports (use Sport England's Active Peoples Surveys). Analyse your findings by considering the following:

- Gender
- Availability of time and / or money
- Commercialisation
- Greater access to transport
- Greater exposure of people to sport (how is it we know more about sport than we did previously?)

Hand-in Deadline
Friday 06th September 2019

Module

Performance in physical education (04)

Learning Outcome:

- You will be assessed in one practical activity (either performing or coaching), demonstrating effective performance, the use of tactics or techniques and the ability to observe the rules.

Task: To produce evidence of you performing in your selected sport.

You are required to produce a DVD of you performing in your selected sport. This DVD must consist of the following:

- A title page with your name and selected sport
- Evidence of you performing the key performance skills required for your sport in conditioned / drill practices
- Evidence of you performing in competitive situations, demonstrating your application of skills and tactics. (Video evidence of game play is idea)

The duration of this DVD needs to be between 20-30 minutes long, with you showing your effective performance skills and effective use of tactics or techniques in competitive situations.

**Hand-in deadline
Friday 25th October 2019**