



## PHYSICAL EDUCATION: BRIDGING ACTIVITY

<http://www.aqa.org.uk>

### **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. 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!

Find out which muscle groups are responsible for these joint actions.

#### **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..

#### **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).
  - 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.
  - Research the recent increase in focus on sports psychology and how elite athletes and teams use techniques and strategies to improve performance.

### **Sport and Society**

We will be starting the course learning about the emergence of globalisation of sport in the 21<sup>st</sup> 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 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

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

Topics: Industrial revolution's impact on sport, two tier class system, changing role of women in sport, the changing status of amateur and professional performers.

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