

Phase One Bridging Work- Physical Education

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	Read this...	Watch this	Listen to this...	Try this...	
Physical Education	1-<u>Bounce</u> book by Matthew Syed 2-<u>Mind Games: Determination, Doubt and Lucky Socks: An Insider's Guide to the Psychology of Elite Athletes</u> book Annie Vernon 3-<u>Skeletal System</u> 4- <u>Skeletal System 2</u> 5-<u>Muscular System</u> 6-<u>Muscular System 2</u>	1 -3 minute You Tube clip of an interview with a former Tour de France cyclist Tyler Hamilton <u>Video Clip</u> 2 - ICARUS – A 2 hour documentary about the use of drugs in cycling that becomes something much bigger - <u>Netflix</u> 3 - Alternatively if you do not have access Netflix then listen to the <u>Cycling Podcast</u>. Beware its 2 hours long! 4- Remember the Titans – Amazon or Netflix. (If you don't have a subscription there are lots of clips from the film <u>here</u>) 5-1 minute clip on Joints and Movements: <u>Joints and Movements</u> 6- 2 minute clip on Joint Actions and Muscles: <u>Joint actions & Muscles</u>	1-The Amazing History of Sport - Sport and the British Podcast <u>BBC Link</u> 2-Sport and Exercise Psychology podcast – <u>The Open University</u> - <u>Link</u> 3-Flintoff, Savage and the Ping Pong guy Podcast – <u>BBC Link</u> 4-Muscular System Podcast Part 1 - 75 minutes <u>Link</u> 5-Muscular System Part 2 - 60 minutes <u>Link</u>	1-Choose the 5 most important skills needed for your sport. Now list the coaching points of the: *Preparation *Execution *Recovery 2-Have a go at the 'Learn With Body Worlds'. Click on the link, scroll to the bottom and open up the worksheets. Read the worksheets on the locomotive system (page 14), and complete the 'Learn With Body Worlds' activity on page 15. <u>Link</u> Muscle matching and skeleton matching games: <u>Link</u>	<i>We strongly encourage you to keep a journal of your discoveries and look forward to sharing those and discussing them together as a class.</i>