

PHYSICAL EDUCATION Phase Two Bridging Work 2021

jthomas@chippingnortonschool.org

Read this...	Watch this...	Listen to this...	Try this...
<p><u>Bounce - The myth of talent and the power of practice Matthew Syed</u></p> <p>An excellent book that argues we are not 'born' to play sport but it is a product of the amount of practice we put in</p>	<p>Youtube - <u>Ronaldo tested to the limit</u></p> <p>A 45 minute film of Ronaldo going through a range of tests to find out what makes him so successful</p>	<p>Podcast - <u>Sport Psychology at an elite level</u></p> <p>Podcast from Loughborough University about how important a role Psychology plays in sport.</p>	<p>Task - <u>Sports Competition Anxiety Test</u></p> <p>A simple and effective test to highlight levels of anxiety pre competition.</p>
	<p>1 - Short You Tube clip of an interview with a former Tour de France cyclist Tyler Hamilton</p> <p>https://www.youtube.com/watch?v=X3l3Zl1qnfs&list=PLfOwe35x2frZxipkAdj3fZ54mO2TN2jsO&index=3&t=103s</p> <p>2 - Film on Netflix called ICARUS A documentary film about the use of drugs in cycling that becomes something much bigger.</p>	<p>If you do not have access to Netflix then listen to the podcast 328 –</p> <p>https://www.richroll.com/podcast/bryan-fogel/</p>	
<p><u>Joint Movement</u></p> <p>Movement analysis has always been a question in the exam and will be the first topic we cover in Year 12. Get yourself ahead of the game by reading this article.</p>	<p><u>How your muscular system works</u></p> <p>This is a video that recaps from GCSE PE but bridges the gap between GCSE and A Level PE in regards to the muscular system.</p>	<p><u>Classification of Joints</u></p> <p>The main joints you need to know for A Level PE are the Synovial ones but you need to be aware of the other 2 classifications as well. This podcast will help.</p> <p><u>Muscular System</u></p> <p>The muscular system forms a big part of the anatomy and physiology area and this podcast will aid your understanding.</p>	<p>Test yourself with these two games;</p> <p><u>Matching muscle anatomy game</u></p> <p><u>Skeleton anatomy game</u></p>