

A-Level Bridging Work – PHYSICAL EDUCATION

Staff contact Details: Mr Thomas email: Jthomas@chippingnortonschool.org

All tasks should be completed and handed in to your teacher during your first lesson at the start of the academic year. **The highlighted tasks should take approximately one hour to complete and this should be submitted to your teacher on the A-level induction day in term 6.**

Introduction to the course	GCSE Flashback (1 hour)	A level subject preparation tasks (1 hour)
<p>Assessment: Link to PE Syllabus</p> <p>30% Coursework - This is a practically assessed performance in one sport. You are also required to verbally produce an action plan for a live performance.</p> <p>70% Theory Three examination papers</p> <p>Link to Paper 1 Physiological factors affecting performance</p> <p>Link to Paper 2 Psychological factors affecting performance</p> <p>Link to Paper 3 Socio cultural factors affecting performance</p> <p>OCR A Level PE Text book</p> <p>Hodder Education ISBN 978-1-5104-7331-7</p> <p>Revision Guide : My Revision Notes: OCR A Level PE Hodder Education ISBN: 978-1510405219</p>	<p><u>Videos to watch:</u></p> <p>Topic 1 <u>Classification of skills</u></p> <p>Video to recap (watch only the first 36 minutes)</p> <p>Topic 2 <u>Guidance</u></p> <p>Video to recap (15 minutes long)</p> <p>Topic 3 <u>Feedback</u></p> <p>Video to recap (11 minutes long)</p> <p>Now having watched all 3 videos for each one write down:</p> <ul style="list-style-type: none"> - One thing you learned - One thing you didn't know - One question you would ask Mr Thomas 	<p>For your chosen sport: Produce a PP presentation (or equivalent) to include -</p> <ul style="list-style-type: none"> • A table classifying the 5 most common skills used in the sport e.g, passing, catching, shooting • Explain the 4 types of guidance and how they could be used to teach each of the chosen skills from above • Explain the different types of feedback that could be used to improve each of the 5 skills You must include - • Where you would place the skills on the environmental, difficulty, pacing, muscular involvement, continuity and organisational continuum. • A description of the 4 types of guidance and an example for each of your 5 chosen skills • A list of the types of feedback and examples of how they could be used in your sport.

Phase Two Bridging Work: Physical Education - Sport and Society

Staff contact Details: Mr Trainer email: Atrainer@chippingnortonschool.org

Introduction to the course	A level subject preparation tasks (2 hours)
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<p>Assessment: Link to PE Syllabus</p> <p>30% Coursework - This is a practically assessed performance in one sport. You are also required to verbally produce an action plan to a live performance.</p> <p>70% Theory Three examination papers</p> <p>Link to Paper 1 Physiological factors affecting performance</p> <p>Link to Paper 2 Psychological factors affecting performance</p> <p>Link to Paper 3 Socio cultural factors affecting performance</p> <p>performance</p> <p><u>OCR A Level PE Text book</u></p> <p>Hodder Education ISBN 9 78-1-5104-7331-7</p> <p><u>Revision Guide : My Revision Notes: OCR A Level PE</u></p> <p>Hodder Education ISBN: 978-1510405219</p>	<p>Sport and Society -</p> <p>Produce a Case Study report to include -</p> <ul style="list-style-type: none">• History of the Modern Olympic Games• The Olympic Games - The advantages and disadvantages of being the host city/country. (Sporting, Economic, Social) You <p>must include</p> <ul style="list-style-type: none">• A brief History of the Modern Olympic Games including who the founder was. ½ to 1 side of A4.• Explain 4 advantages to the host city/country of hosting the Games. 1 side of A4• Explain 4 disadvantages to the host city/country of hosting the Games. 1 side of A4• In your opinion, is hosting the games a good or a bad thing for the host city/country? ½ side A4 <p>Here are some sources, but please feel free to use your own also -</p> <p>History of Modern Olympics</p> <p>Hosting - Benefits and drawbacks (You can click on each point to reveal points and counter points)</p> <p>Benefits of London 2012</p> <p>The leftover stadiums (White Elephants)</p>
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Phase Two Bridging Work: Physical Education - Applied Anatomy and Physiology

Staff contact Details: Mrs Tandy email: CTandy@chippingnortonschool.org

Introduction to the Course

GCSE Flashback (1 hour)

A Level Preparation Tasks (1 hour)

Assessment: Link to [PE Syllabus](#)

30% Coursework - This is a practically assessed performance in one sport. You are also required to verbally produce an action plan for a live performance.

70% Theory Three examination papers

Link to **Paper 1** Physiological factors affecting performance

Link to **Paper 2** Psychological factors affecting performance

Link to **Paper 3** Socio cultural factors affecting performance

OCR A Level PE Text book

Hodder Education ISBN 978-1-5104-7331-7

Revision Guide : My Revision Notes: OCR A Level PE

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Videos to watch

- The Heart - https://www.youtube.com/watch?v=2qRDHK_5QqY
- The Cardiac Cycle - <https://www.youtube.com/watch?v=swGV1a3f1G8>
- The Conduction System - <https://www.youtube.com/watch?v=NdGmpRXqIk4&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16&index=8&t=0s>
- Heart Values - <https://www.youtube.com/watch?v=J-LoA-0w42c&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16&index=9&t=0s>

Additional websites to look at (including interactive activities)

- <https://www.texasheart.org/heart-health/heart-information-center/topics/anatomy-of-the-heart-and-cardiovascular-system/>
- <https://www.getbodysmart.com/heart-anatomy>

Now having watched all 4 videos for each one write down:

- One thing you learned,
- One thing you didn't know,
- One question you would ask Mrs Tandy

Cardiovascular System - Tasks

1. Create a **hand drawn** poster of the Cardiovascular System. **Label** the structures of the heart, major blood vessels, blood types and pathway of blood (use black ink).
2. Using blue ink add the structures of the **Conduction System** onto your poster (from task 1).
3. Create a flow diagram showing how the conduction system **controls** the cardiac cycle.
4. Draw a table that shows Heart Rate, Stroke Volume and Cardiac Output volumes at rest for a **trained** and **untrained athlete**.