



Coombe Wood Year 12 Bridging Work

SUBJECT: Physical Education

HEAD OF DEPARTMENT NAME: Miss Potkins (Head of HRF and Games)

TEACHER EMAIL: apotkins@cws.foliotrust.uk

We recommend you purchase the following textbook for this subject area:

AQA A LEVEL PE TEXTBOOKS

<https://www.aqa.org.uk/subjects/physical-education/a-level-physical-education-textbooks-print-and-digital>

All bridging work must be completed by 17/9 and forms part of your Pupil Passport.

ASSESSMENT OBJECTIVE CRITERIA

Assessment Object 1 (AO1) = Knowledge of topic area

Assessment Objective 2 (AO2)= Apply knowledge of topic areas to sporting examples

Assessment Objective 3 (AO3) = Analyse/Evaluate topic areas

TASK: AO Led Transition Work

DURATION: 2hours

1. **NEA Preparation:** For your chosen sport. Write the following SWOT analysis in preparation for your studies (one side of A4). Use examples of a competitive situation (Football match, Dance Showcase, Athletics Meeting etc). Think from a physiological and psychological view point.

Strengths - What is your major strength in your chosen sport?

Weaknesses - What two weaknesses do you have in your chosen sport?

Opportunities - How would you improve those weaknesses?

Targets - When is your target to improve the weakness by? (use SMART Targets)

Now compare yourself to an elite athlete in your chosen sport. Why are they classed as elite?

2. Exam Questions:

Figure 1 shows an athlete performing the long jump.

Figure 1



Identify **and** explain **two** external forces acting on the athlete in **Figure 1**.

[4 marks]

Explain **two** benefits of sponsorship to companies investing large amounts of money into sport.

[4 marks]

Goalkeepers in hockey need to respond quickly to the actions of the attacking players.

Analyse the factors which will affect a goalkeeper's response time **and** the strategies a coach can use to help them respond quicker.

[8 marks]

Flipped Learning First Topic Area (s):

Duration: 1 Hour

For each bullet point devise a spider diagram with information to support your knowledge.

1. Anatomy and Physiology:

- Understand the term Cardiovascular Drift
- Explain the Initiation of a heartbeat

2. Skill Acquisition:

- Understand the difference between Skill and Ability
- Explain the Discrete/Serial/Continuous Continuum

3. Sport and Society:

- Identify the difference between the Upper and Lower Class in pre industrial Britain
- Explain the emergence of the middle class in post industrial Britain