



## Coombe Wood Year 12 Bridging Work

SUBJECT: Physical Education

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

AQA A LEVEL PE TEXTBOOKS

### **AQA A-level PE (Year 1 and Year 2)**

by Carl Atherton (Author), Sue Young (Author), Ross Howitt (Author)

All bridging work must be completed 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: 2 hours

- 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