

Bridging work A Level PE year 12 to 13

Anatomy & Physiology

- To ensure that practical videos are recorded (these can be one file with all pieces of evidence included or multiple files showing different elements of the specification). Remember you will need to show your performance in a full competitive situation / performance as well enabling the assessor to see all aspects of skill, fitness and tactical elements as identified in the specification.
- Write in full, your current EAPI, using the template format shared in lessons (also on Canvas). This should include:
 - Strengths and Weaknesses (2 for skill based, 2 for fitness based, 2 for tactical based strengths and weaknesses). All of these must have an explanation of their effect on overall performance.
 - Area for improvement and why it has been prioritised over others.
 - Timescale for action plan.
 - Example of action plan including: 3/4 progressive practices that could be done, 3 x coaching points, type of measurement that will be used (testing).
 - Examples of adaptations that you might see at the end of the action plan.
 - All of the above must have links with physiological, psychological and socio-cultural aspects of the specification.
- To create a one page document that displays key information regarding the energy continuum including ATP-PC system, Lactic acid system and aerobic system.

Skill Acquisition and Sport Psychology

- To create a mind map linking all of the skill acquisitions sections together using a sport of your choice. Please answer the following questions:
 - 1- What exam question may come up about this topic
 - 2- Write a 10 mark question with the a mark scheme for linking topics
- To create a training programme that incorporates goal setting, for a named sport, and includes the following:
 - 1-6week programme
 - 2-short term/long term goals
 - 3-how can you incorporate motivation and feedback into you programme

Research for Socio Cultural Issues in Sport

- Find 3 examples of where drugs and doping has been highlighted in the media (different sports). What were the consequences for the performer and the sport?
- Find 2 examples (different sports) of where violence has occurred in sport, how the authorities have acted and the implications for the sport itself.
- Identify 2 examples (different sports) where technology has improved the experience for spectators.

- Create a one-page document which displays the role of UK Sport – where do they get funding from and how is it spent? Which other organisations do they work closely with to support athletes?