



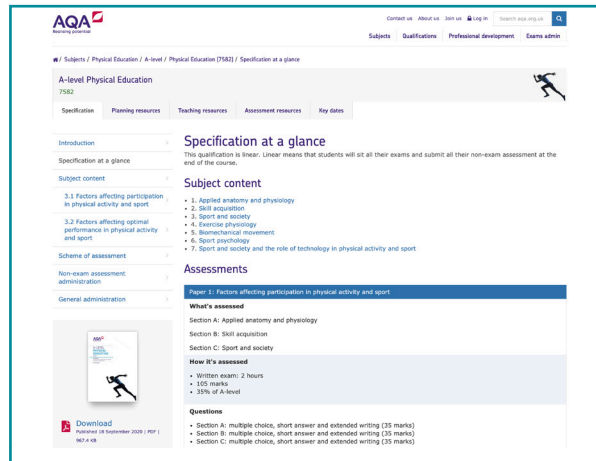
ST CHRISTOPHER'S SIXTH FORM  
**PHYSICAL EDUCATION**  
**BRIDGING UNIT**

# Physical Education

## Introduction

St Christopher's Physical Education department want to bridge the gap. It is a big step up from GCSE to A-level and over the summer you can prepare yourself through independent research and study.

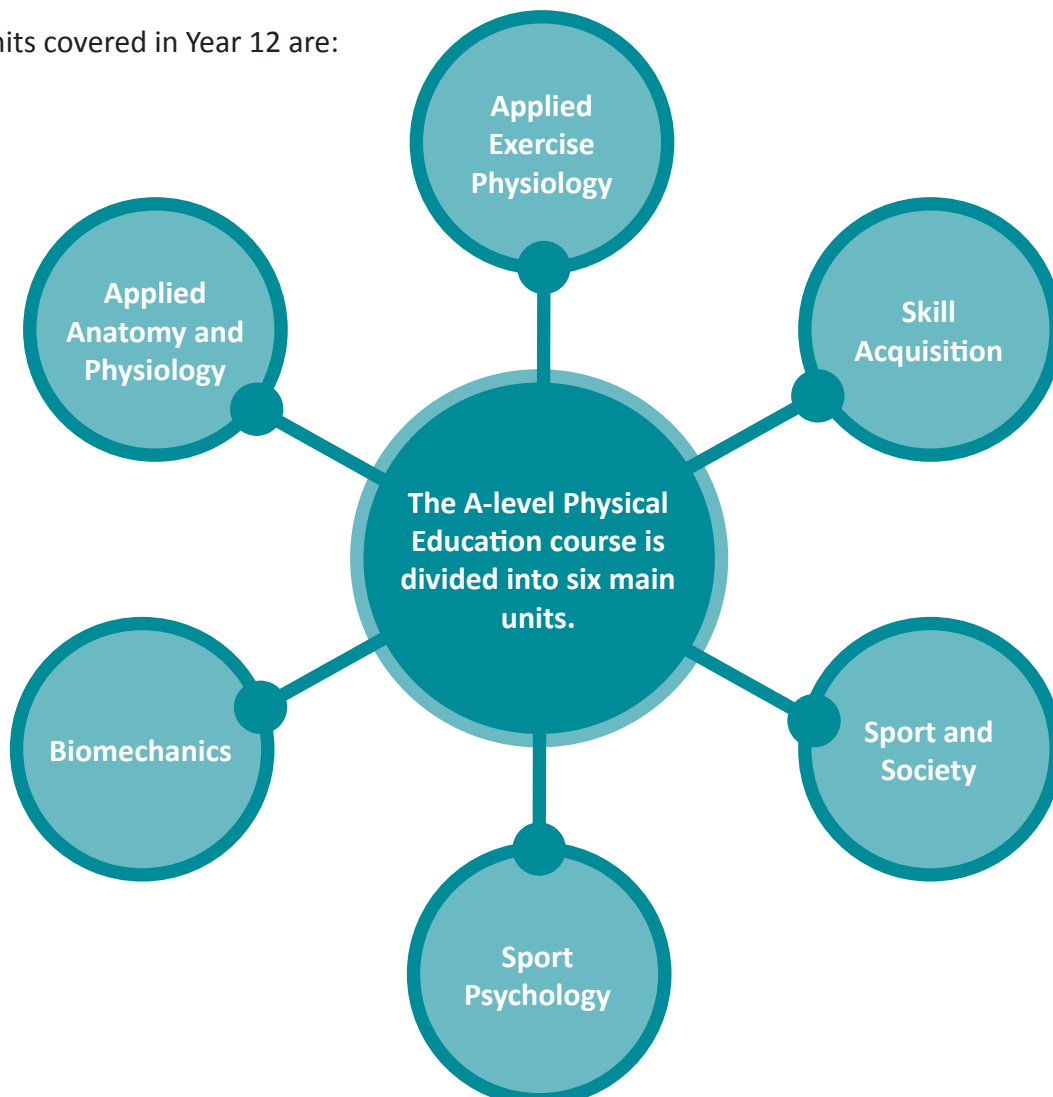
Please find the link to AQA A-Level PE specification below. It will provide with all the information you need to study A-Level PE. Please take the time to read through the specification and familiarise yourself with the course.



### [AQA | A-level | Physical Education | Specification at a glance](https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/specification-at-a-glance)

(<https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/specification-at-a-glance>)

The six units covered in Year 12 are:







## Sport and Society

1. Watch on Netflix the series called [‘The English Game’](#).

2. Makes notes on:

- Mode of transport
- Types of jobs people had
- The difference in education
- Why was the sport amateur?
- Who governed the sport and invented the laws?



# Physical Education

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## Sport Psychology

Write your thoughts if you are born with talent or if talent can be developed. Use practical examples to explain your answer.

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## Biomechanics

1. Calculate the speed of Usain Bolt in the 100m. Time= 9.58 seconds

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2. Calculate the speed of Mo Farah in the 5000m. Time= 12 minutes 53 seconds

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3. Calculate the speed of Allyson Felix in the 400m Time= 49.26 seconds

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## Applied Anatomy and Physiology

1. Identify the 3 different types of muscles fibres.

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2. State 3 functional or structural characteristics of each muscles fibre.

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3. Apply your knowledge to which athletes are likely to have each type of muscle fibre.

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**“For I know the plans I have for you,” declares the Lord,  
“plans to prosper you and not to harm you,  
plans to give you hope and a future.”**

Jeremiah 29:11

☎ 01254 380527

✉ [sixthform@st-christophers.org](mailto:sixthform@st-christophers.org)

🌐 [www.st-christophers.org/sixth-form](http://www.st-christophers.org/sixth-form)

