



ST CHRISTOPHER'S SIXTH FORM
PHYSICAL EDUCATION
BRIDGING UNIT

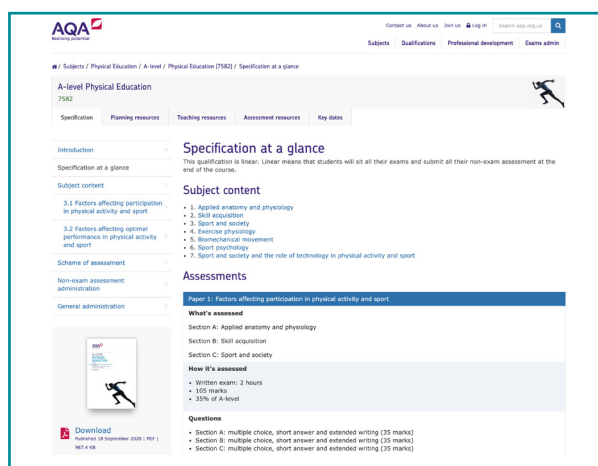


Physical Education

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.

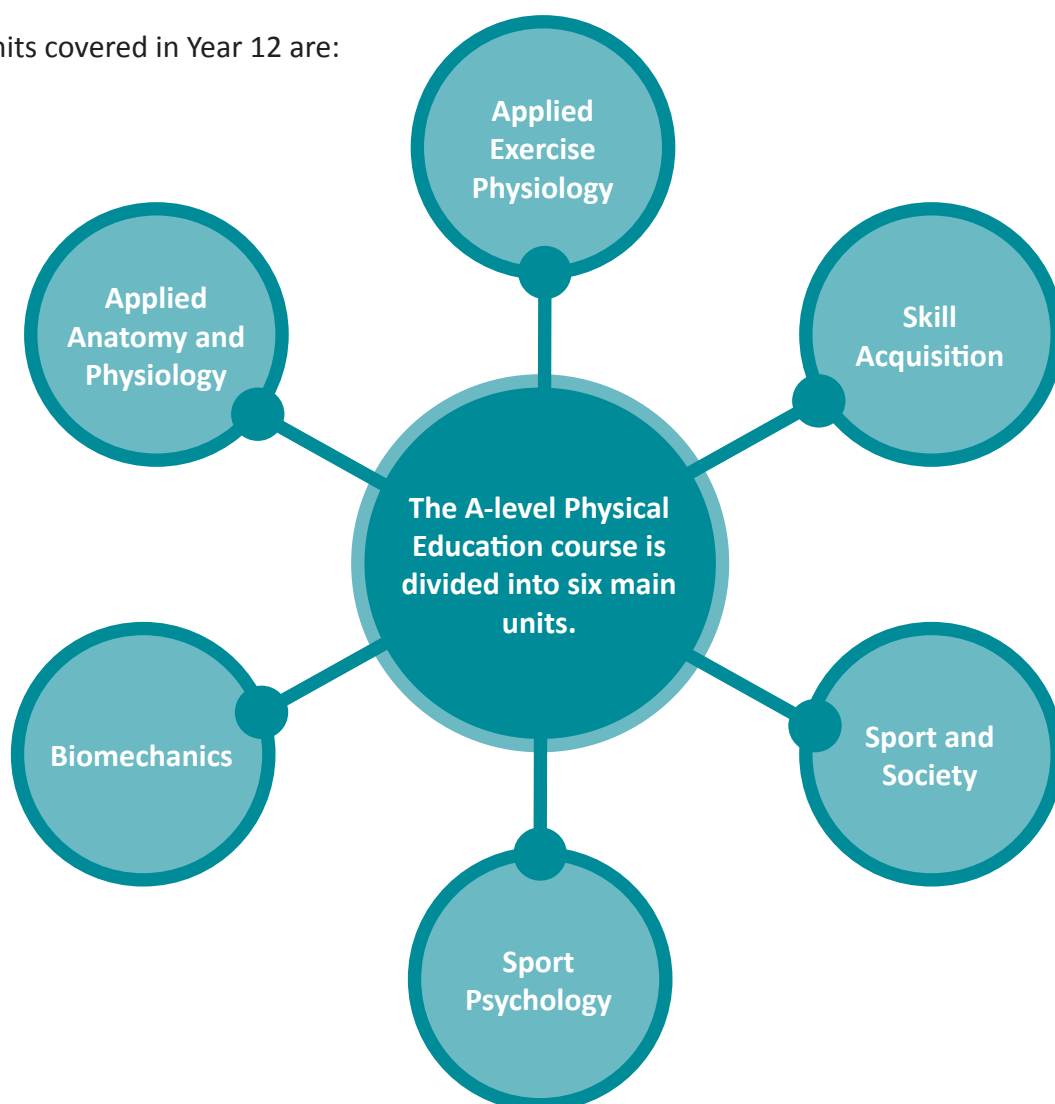
Please find the link to AQA A-Level PE specification below. It will provide with all the information you need to study A-Level PE. Please take the time to read through the specification and familiarise yourself with the course.



[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)

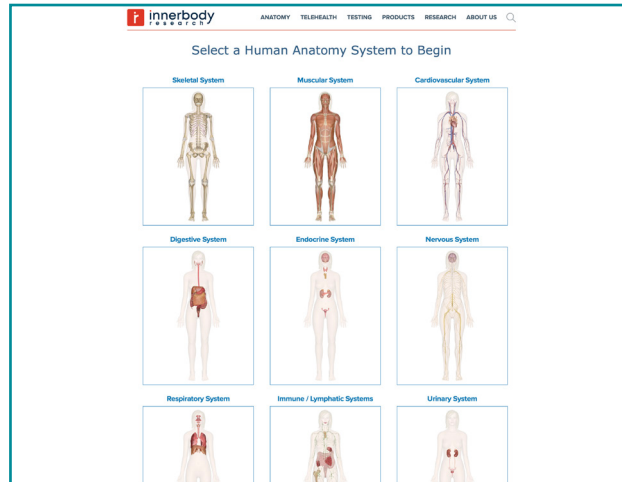
(<https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/specification-at-a-glance>)

The six units covered in Year 12 are:



Preparation

You will need to know the anatomical names of all of the bones and muscles. Also you must know the structure of the cardiovascular system and respiratory system. Use the link below to familiarise yourself with those topics:



Explore Human Anatomy, Physiology, and Genetics
(<https://www.innerbody.com/htm/body.html>)

Activities

Applied Exercise Physiology

1. Describe what dietary manipulation is?

Physical Education _____

- [illegible]

Skill Acquisition

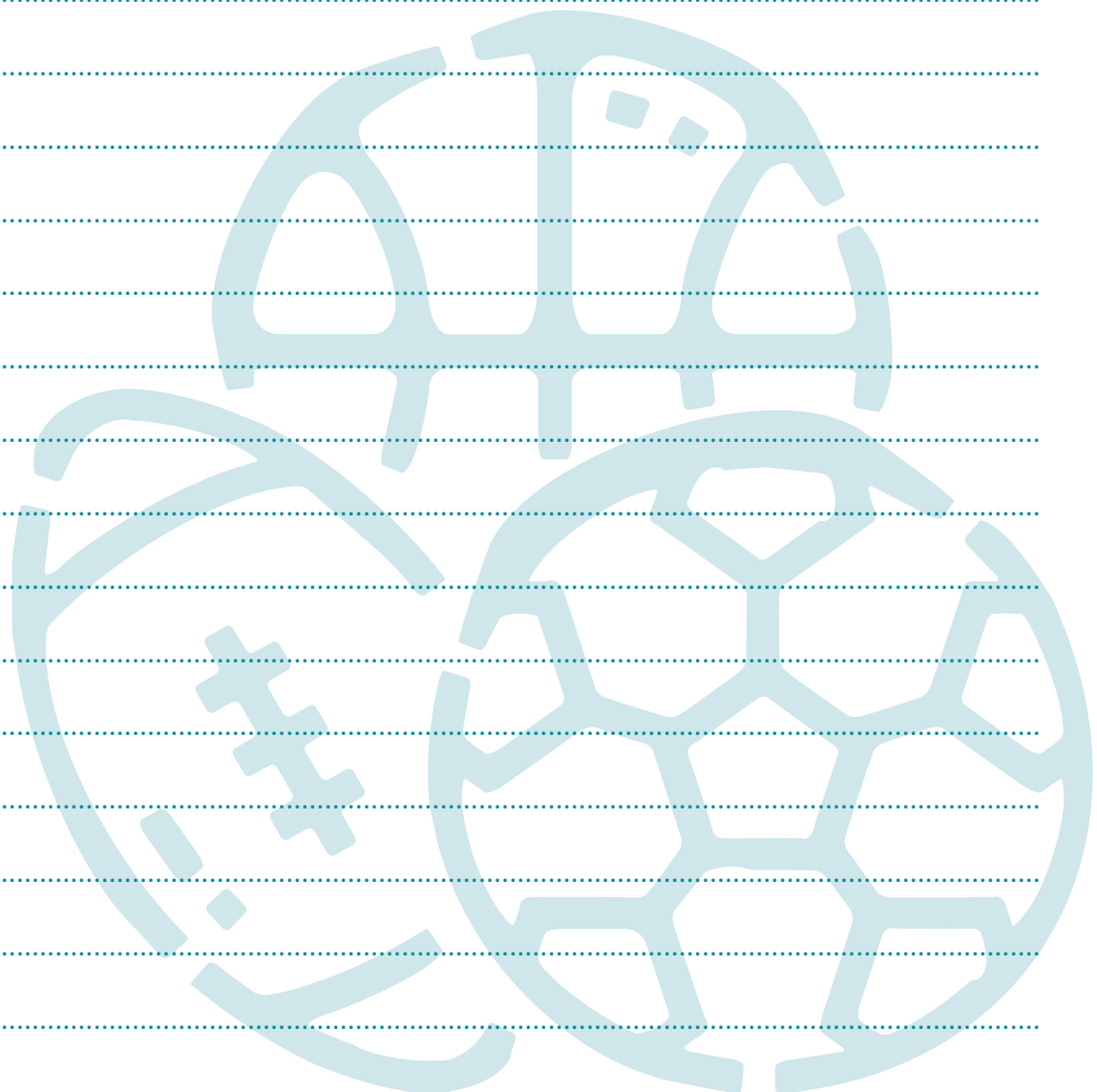
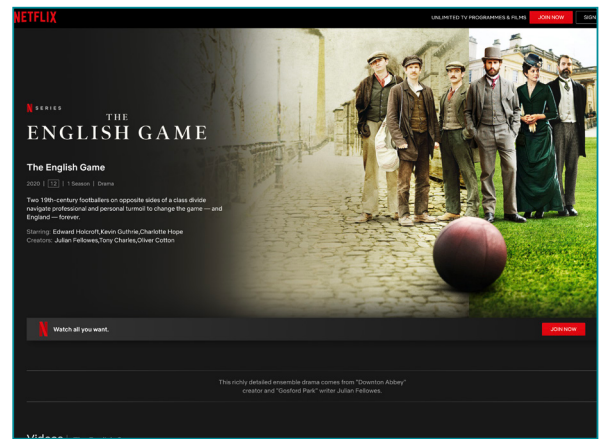
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Sport and Society

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?



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.

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

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





**“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

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