



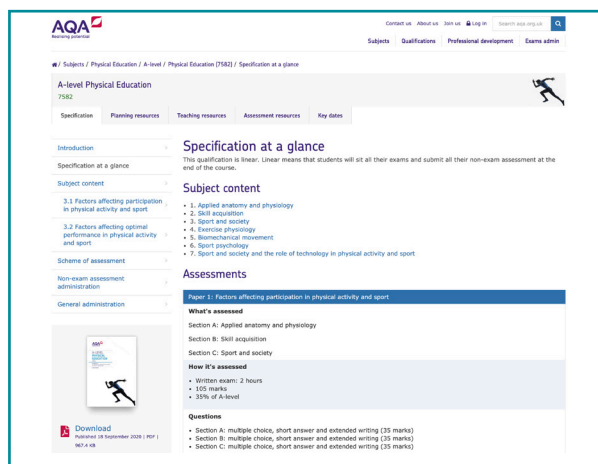
ST CHRISTOPHER'S SIXTH FORM
PHYSICAL EDUCATION
BRIDGING UNIT

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.

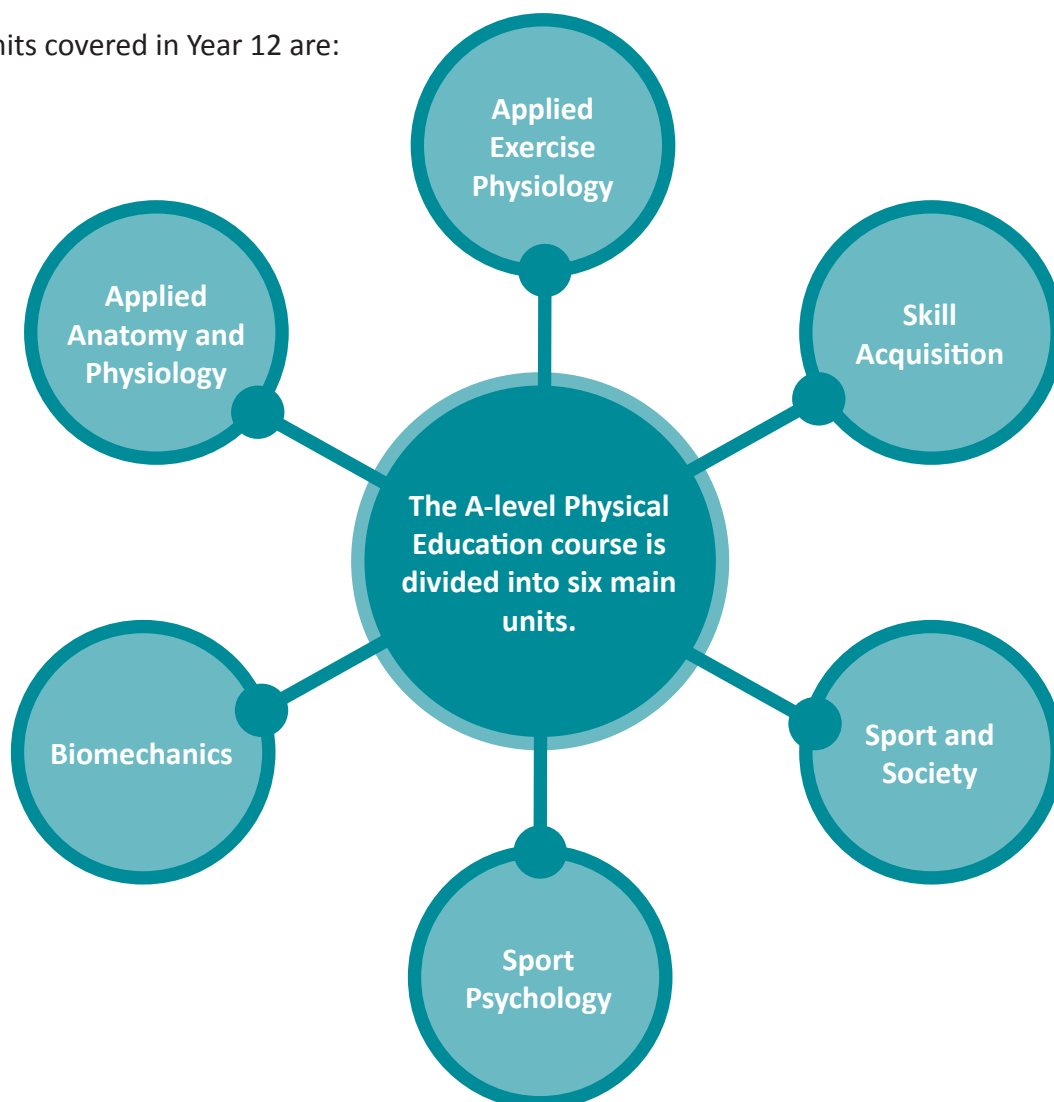
Please find the link to AQA A-Level PE specification below. It will provide with all the information you need to study A-Level PE. Please take the time to read through the specification and familiarise yourself with the course.



[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:

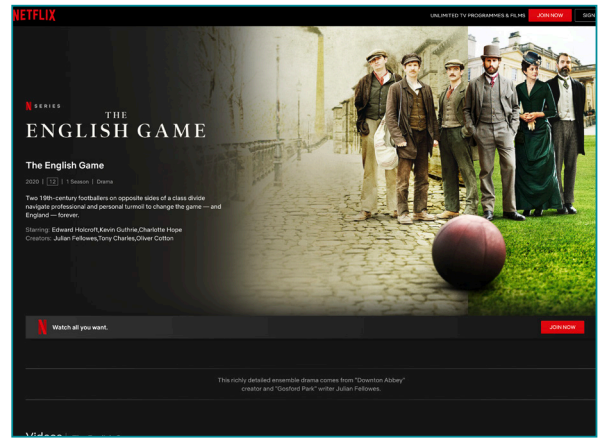


Sport and Society

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?



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.



Physical Education

Lower Sixth Study Lists

Exercise Physiology

- Diet and Nutrition
- Preparation and training
- Injury prevention and rehabilitation of injury

Anatomy and Physiology

- Cardio-respiratory system
- Musculoskeletal system
- Neuromuscular System

Skill Acquisition

- Skill, skill continuums and transfer of skills.
- Impact of skill classification on structure of practice for learning.
- Principles and theories of learning and performance
- Use of guidance and feedback
- Efficiency of information processing
- Efficiency of information processing Memory models

Sports Psychology

- Aspects of personality
- Attitudes
- Arousal
- Anxiety
- Aggression
- Motivation
- Achievement Motivation
- Social facilitation
- Group dynamics
- Importance of goal setting Attribution theory
- Self-efficacy
- Leadership
- Stress management



Physical Education

Upper Sixth Study Lists

Biomechanical Movement

- Biomechanical Principles
- Levers
- Linear Motion
- Angular Motion
- Projectile Motion
- Fluid Mechanics

Anatomy and Physiology

- Energy Systems

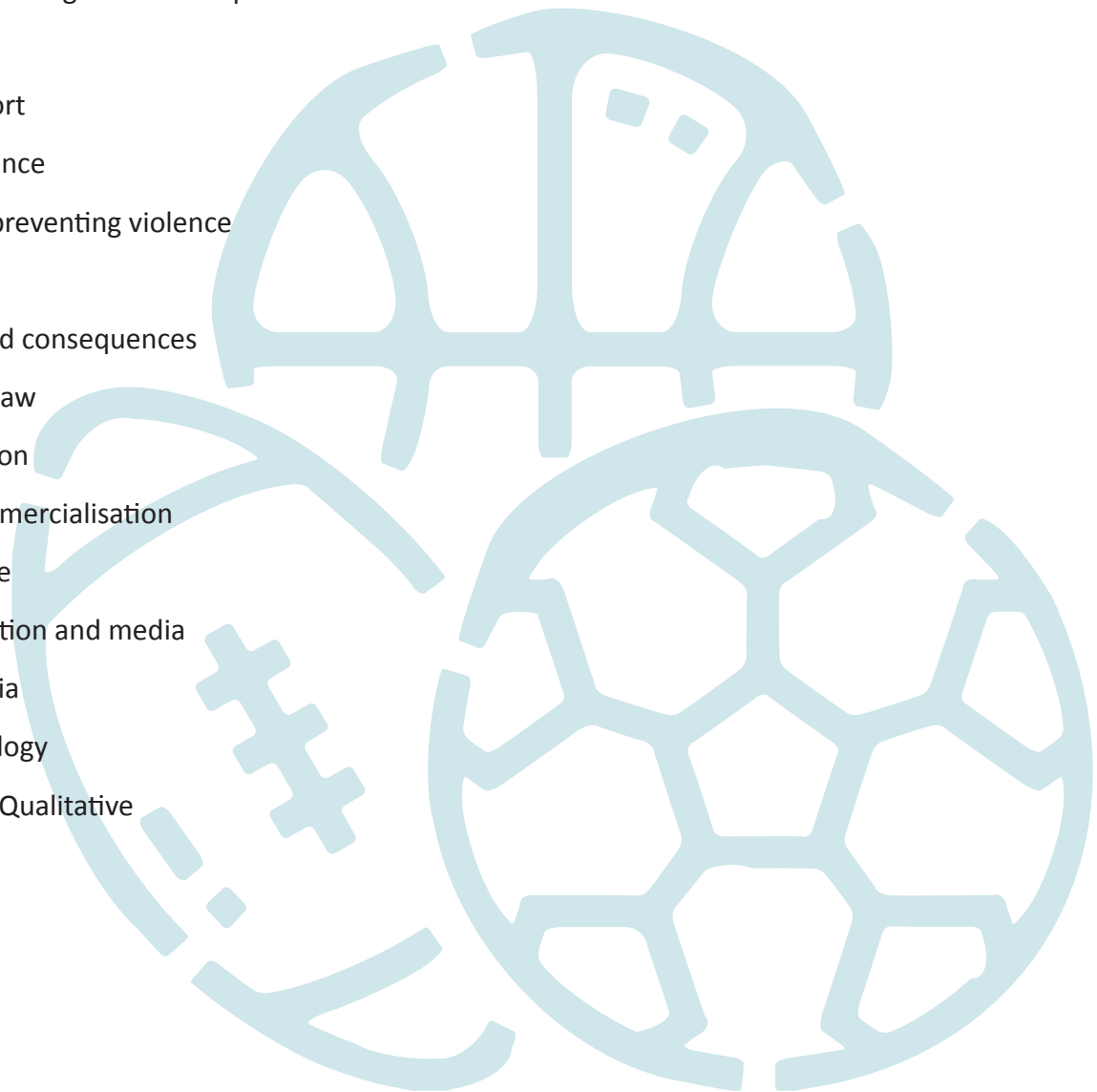
Sport and Society

- Pre-industrial (pre-1780)
- Characteristics of popular recreation
- Characteristics of real tennis
- Industrial and post-industrial (1780–1900)
- Characteristics of rational recreation
- Social and cultural influences on rational recreation Industrial and post-industrial (1780–1900)
- Urbanisation
- Influence of the British Empire
- Amateur and professional sport
- Rationalisation and development of athletics, football and lawn tennis
- Post World War II (1950 to present)
- Development of football, tennis and athletics
- Emergence of elite female
- Commercialisation, media and sport Sociological theory applied to equal opportunities:
- Society
- Socialisation
- Social processes
- Sociological theory applied to equal opportunities
- Social action theory

- Barriers to participation
- Inter-relationship between Sport England

Sport and Society & Technology

- Concepts of physical activity and sport
- Characteristics of PE
- Functions of PE
- Characteristics of Outdoor Education
- Characteristics of School Sport
- Development of elite performers in sport
- National Governing Bodies
- World Class Performance Programme
- Talent ID
- Ethics in sport
- Sportsmanship and gamesmanship
- Deviance
- Violence in sport
- Causes of violence
- Strategies for preventing violence
- Drugs in sport
- Reasons for and consequences
- Sport and the law
- Sports legislation
- Impact of Commercialisation
- Golden Triangle
- Commercialisation and media
- Impact of media
- Role of technology
- Quantitative v Qualitative
- Video analysis
- GPS
- Data integrity





**“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

🌐 www.st-christophers.org/sixth-form

