



# BRIDGING THE GAP

Course Title	Examination Board & Web Address										
A-Level Physical Education	AQA <a href="http://www.aqa.org.uk">www.aqa.org.uk</a>										
<b>Units/Topics Studied:</b> Factors Affecting Participation in Physical Activity and Sport, Factors Affecting Optimal Performance in Physical Activity and Sport											
<b>Bridging Task</b>											
<p><b>Part One:</b>            Find out the answers to the following questions:</p> <ol style="list-style-type: none"> <li>Define the different lung volumes:  <i>(Residual volume, Expiratory reserve volume, Inspiratory reserve volume, Tidal volume, Minute ventilation).</i></li> <li>What are the roles of haemoglobin and myoglobin in the body?</li> <li>Explain the following:  <i>(Slow twitch (type I), Fast glycolytic (type IIx), Fast oxidative glycolytic (type IIa)).</i></li> <li>What is meant by the open-closed continuum?</li> <li>What are the 3 memory stores?</li> <li>What is the definition of response time?</li> <li>Who are Sport England and what do they do?</li> <li>Who are the Youth Sport Trust and what do they do?</li> <li>Is Darts a sport? Discuss.</li> <li>Name 3 types of stretching, and 3 types of feedback.</li> </ol> <p><b>Part Two:</b>            Choose <b>ONE</b> of the following tasks to complete</p>	<p style="text-align: center;">Useful websites:</p> <p style="text-align: center;"><a href="http://www.innerbody.com">http://www.innerbody.com</a></p> <p style="text-align: center;"><a href="http://www.brianmac.co.uk">http://www.brianmac.co.uk</a></p> <p style="text-align: center;"><a href="http://www.teachpe.com">http://www.teachpe.com</a></p> <p style="text-align: center;"><a href="http://www.sport-fitness-advisor.com">http://www.sport-fitness-advisor.com</a></p> <p style="text-align: center;"><a href="http://www.topendsports.com">http://www.topendsports.com</a></p> <p style="text-align: center;"><a href="http://www.uksport.gov.uk">http://www.uksport.gov.uk</a></p>										
<p style="text-align: center;"><b><u>Applied Anatomy &amp; Physiology</u></b></p> <p>Produce a revision aid showing the bones and muscles in the body.</p> <p>Give an example of isotonic and isometric contraction.</p> <p>Explain the different types of joints in the body.</p> <p>Use pictures/photographs of performers.</p>	<p style="text-align: center;"><b><u>Acquisition of Skill</u></b></p> <p><u>Classification of Skill</u> – find out what the following 4 continua are:</p> <ol style="list-style-type: none"> <li>Gross-Fine</li> <li>Open-Closed</li> <li>Discrete-Serial-Continuous</li> <li>Self Paced – Externally Paced</li> </ol> <p>Choose a skill from your sport and place it on the 4 continua, wherever you think it fits. Present this information on a poster. Use pictures/photographs of performers. Include explanations as to why you have placed the skill where you have...justify your responses!</p>										
<p style="text-align: center;"><b><u>Sport and Society</u></b></p> <p>Read the book ‘Tom Brown’s Schooldays’.</p> <p>Research historical and present day sporting activity at the 9 clarendon schools: Eton, Chaterhouse, Harrow, Rugby, Shrewsbury, Westminster, Winchester, St. Pauls London and Merchant Taylors (Northwood). Use the schools websites to help you with this research. Present this information as a poster or power point document.</p>	<p style="text-align: center;"><b><u>Section B – Applied A&amp;P/Skill Acquisition</u></b></p> <p>Plan a training session – Imagine that you are coaching a session for your sport, choose a skill to teach and explain why you have chosen to do each aspect of your plan. Present as a poster. Include information about:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Principles of Training</td> <td style="padding: 2px;">Teaching Styles</td> </tr> <tr> <td style="padding: 2px;">Work Intensities</td> <td style="padding: 2px;">Methods of Practice</td> </tr> <tr> <td style="padding: 2px;">Fitness Tests</td> <td style="padding: 2px;">Types of Practice</td> </tr> <tr> <td style="padding: 2px;">Training Methods</td> <td style="padding: 2px;">Methods of Guidance</td> </tr> <tr> <td style="padding: 2px;">Warm-Up/Cool-Down</td> <td style="padding: 2px;">Feedback</td> </tr> </table>	Principles of Training	Teaching Styles	Work Intensities	Methods of Practice	Fitness Tests	Types of Practice	Training Methods	Methods of Guidance	Warm-Up/Cool-Down	Feedback
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<p>The two parts will be graded A-E. In part one we will be looking for the correct answers. In part two we will be looking for evidence of research, understanding and the skill of communicating your ideas and findings with others. Good Luck!</p>											

