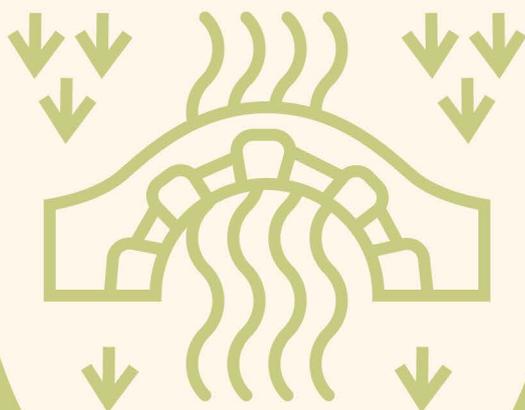




BLANCHELANDE
COLLEGE

Sixth Form Bridging Courses



Physical Education



Blanchelande College

A-Level Bridging Work Physical Education For Summer 2020

The aim of this work is to prepare you for your A-level PE course. As you are aware, the A-Level course requires a deeper level of knowledge and understanding, and these tasks are designed to facilitate your progress from GCSE to A-Level.

One of the most interesting things about A-Level PE is that it is everywhere in life and links to so many different careers. The following activities will increase your awareness of the influence of PE and sport and provide you with an insight into the breadth of opportunities that A-Level PE provides.

Enjoy!

Task 1

Select a sport of your choice and up to 4 sporting actions within that particular sport. For example, in trampolining you might like to choose a pike jump, a straddle jump, a half-twist and a back somersault, whilst in basketball you could choose a lay-up, a jump shot, a cross-over and a set shot.

Once you have chosen your sport, produce 4 labelled diagrams that detail the joint, joint type, articulating bones, movement occurring, muscles involved in that action and the type of contraction produced.

You should also detail the type of levers involved and the planes and axes that the movement occurs in.

Task 2

Continuing to focus on the sport chosen above, please describe (using up to 750 words) the impact technology has played on that sport across the last 15 years. You can focus on the development of equipment, performance analysis, injury rehabilitation, recovery from training and competitions, as well as the impact it has had on officiating and spectators.



Task 3

Complete a detailed performance analysis of yourself.

Before analysing the skill it is important to discuss the importance of the skill within the sport, when you use it and why.

When analysing the skill, you need to break it down into three different components.

The preparatory phase, what you do before you complete the skill. The execution phase, the performance of the skill and the recovery phase, what you do after the execution.

Within these phases you need to analyse in detail your body position, which muscles are involved and what planes and axes you are moving in.

Once you have completed this, it is important to compare yourself to the perfect model, detailing exactly how the body should be positioned in those three phases if you were to complete the skill perfectly. Make sure that you use the correct technical language at all times.

Then research reasons why you might have performed this skill poorly with reference to theoretical components of the course. For instance, you could look at theories of motivation such as Achievement Motivation, or theories of arousal for instance Catastrophe Theory, or even the impact of Newton's Laws of Motion.

The final element you should complete is developing some corrective practices. This should include some drills you could complete to improve this weakness; it should also include some focus on theoretical components. Your corrective practices could showcase knowledge of types of guidance, methods of practice, types of feedback or schema theory.



Extension work

Further tasks – Choose to complete one or two from the following options:

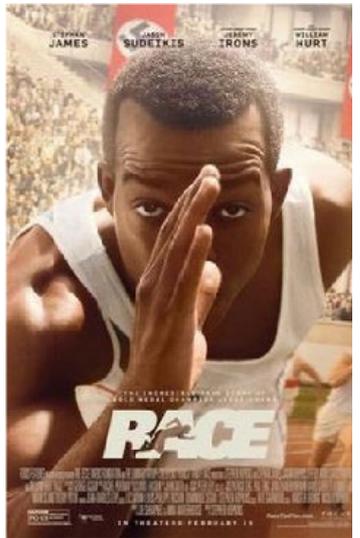
Topics of Interest	Links	Further Reading/ Watching
<p>The history of football. How society changed the game!</p>	<p>Britain was responsible for creating many sports including football. However, the football we know today is very different from the 1850's version.</p> <p>Watch this fantastic series called: The English Game (episodes 13) which is about how football went from Amateurism to Professionalism. It is shown on Netflix.</p> <p>Key questions to consider whilst watching:</p> <ol style="list-style-type: none"> 1. What does the term amateur and professional mean? 2. Do you think that it is right that athletes should play sport for money or does it detract from the love of sport? 3. Why does the issue of class and the issue of amateurism/ professionalism link so heavily? Think about availability of time, money and transport. 4. Why were factory owners (the newly established middle class) important for creating professional athletes? 	
<p>Does your personality effect what sports you like?</p>	<p>Personality tests have long been used in the sporting world to determine which personality category athletes fall into. Heavily influencing their training methods.</p> <p>Take this personality test to see whether you're more of an introvert or extrovert: https://ideas.ted.com/quiz-are-you-anextrovert-introvert-or-ambivert/</p> <p>An extrovert is someone who seeks social situations and likes excitement but lacks concentration. What sports do you think they would be more suited to? Discuss why.</p> <p>An introvert is a person who does not seek social situations but likes peace and quiet and is good at concentrating. What sports do you think they would be more suited to? Discuss why.</p> <p>Do you think the presence of an audience would have a greater negative effect on an introvert or extrovert? Discuss what the effects of this might be.</p>	<p>Watch this YouTube clip on personality in sport: https://www.youtube.com/watch?v=NlNn2-D7eZw</p> <p>Sport Psychology Podcast: https://toppodcast.com/podcast_feeds/thepost-psych-show/ #84 Steve Magness - How Feelings Impact Performance Apr 06, 2020</p>



<p>Are we stronger or is technology just better?</p>	<p>From VAR to prosthetic limbs technology is impacting the world of sport every day</p> <p>Watch this great Ted Talk: Are athletes really getting faster, better, stronger?</p> <p>https://www.ted.com/talks/david_epstein_are_athletes_really_getting_faster_better_stronger?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare</p> <p>What is your view – are athletes getting stronger or are we just helped by technology? Consider your favourite sport – How has technology developed and impacted it? Is it all for the better? Choose a sport and find the difference in times over the years – how much faster have we got?</p>	<p>Read this article on how technology has impacted a variety of sports.</p> <p>https://www.hireintelligence.co.uk/evolution-of-technologyin-sport/</p>
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<p>How much food do you need to run across the desert?</p>	<p>Nutrition in sport is a vital element for sporting success. Athletes will predominantly spend hours considering what they eat and when.</p> <p>How did he do it? James Cracknell Race across the desert: Discovery Ch Toughest Race on Earth with James Cracknell</p> <p>Consider these questions:</p> <ol style="list-style-type: none">1. What are the key macronutrients for this event? Can you justify why they are needed so much?2. Think about your sport – what balance of macronutrients is best for optimal performance. Research this – do you need 50% Carbohydrates or 55% or 60%?3. Michael Phelps is famous for his alternative eating habits. Read this article about how much he ate during the Rio Olympics: https://www.businessinsider.com/michael-phelps-diet-for-the-rio-olympics-2016-8?r=US&IR=T Watch this to see the amount of food it was: https://www.youtube.com/watch?v=QXRvXtcSu14 <p>How can Michael Phelps get away with eating this diet and still being an Olympic Athlete?</p>	<p>Peter Crouch blog on nutrition: https://www.sportscienceagency.com/blog/2018/12/18/ssablog-peters-podcastthe-change-infootball-nutrition</p>
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<p>Are you being assertive in sport ... or are you just plain aggressive ?</p>	<p>The difference between aggression and assertion in sport has long been debated. Certain sporting actions can seem harsh, whilst being entirely within the rules. It is important to determine whether players actions are assertive or aggressive!</p> <ol style="list-style-type: none">1. Watch this video of the 'Top ten rugby tackles from Rugby World Cup 2019': https://www.youtube.com/watch?v=pl96ndEQnHc2. Aggression is the intent to harm or injure outside the rules of the game. Assertion is forceful behaviour within the laws of an event. Do you think that these rugby athletes are being assertive or aggressive?3. Name 3 sports where you think athletes are required to be assertive4. Do you think athletes who choose to participate in sports such as boxing or American football are more likely to demonstrate aggressive behaviour than athletes who participate in sports such as diving or tennis? Why do you think that this is? Does it link with their personality?	<p>Read this blog on the topic: https://maxremedial.com/blog/2016/1/31/sports-choicesaggressive-vsassertive</p> <p>Read this article: http://www.kheljournal.com/archives/2014/vol1issue2/PartA/16.1.pdf</p>
<p>Global Sporting Events</p>	<p>Watch this fascinating film about the Berlin 1936 Olympics, which Hitler used to promote Nazi ideology.</p> <p>Race by Stephen Hopkins – accessed via amazon prime.</p> <ol style="list-style-type: none">1. How did Hitler use the Games as a stage for political propaganda for the Third Reich?2. How did Jesse Owens undermine the Nazi values and ideals?3. When Jesse Owens won gold what did Hitler refuse to do? Why?4. German athletes trained full time so that Germany could be seen a superior “empire”, undermining the traditional Olympic amateur ideals. How has this impacted on the Games today?	



Suggested further reading and watching ideas:

		 
The English Game (The history of Football)	Ronda Rowsey's First Documentary Film (MMA) https://www.youtube.com/watch?v=BooRrikQbr4	Youth Sport Trust Physical Challenges https://www.youthsporttrust.org/60-second-physical-activity-challenges
The Game Changers (Diet and Nutrition)	The Body Coach 30 minute circuit session https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ	Tyson Fury 3 Part Documentary https://www.channel5.com/show/tyson-fury/
Dawn Wall/Free Solo (Real life stories)	Jurgen Klopp's Journey To The Top https://www.youtube.com/watch?v=sNv-yPctj4&feature=youtu.be	Tyson Fury Behind the Mask Autobiography (Boxing Book)
Supersize Me (Diet documentary)	Thierry Henry Football Documentary https://www.youtube.com/watch?v=EOudh5c2ZA4&feature=youtu.be	Alex Ferguson My Autobiography (Football Book)
Katie (Female boxing)	Trent Alexander-Arnold: Living the Dream https://www.youtube.com/watch?v=pS-PkC-Dhgl	Jessica Ennis: Unbelievable (Athletics Book)
Coach Carter (Basketball movie)	Is Professionalism Killing Sport? (Documentary) https://www.youtube.com/watch?v=h8eKMdHxig8	Bradley Wiggins: My time (Cycling Book)
Losers (Adversity in Sport)	Born to Run – Jamaican Sprinting Documentary https://www.youtube.com/watch?v=i2Yba1Tqeu4	Mathew Syed: Bounce (Talent in Sport)
Stop at Nothing (Doping in Sport)	Kobe Bryant – The Black Mamba Mentality https://www.youtube.com/watch?v=wLT6dILsBp4	Michael Phelps: No Limits (Swimming Book)
Ronaldo (Sports Biography)	Serena Williams (Tennis Series Documentary) https://www.youtube.com/watch?v=2UGgT7q3jfc&spfreload=1	Playing the Game: Nelson Mandela and the Game That Made a Nation (Rugby Book)
Million Dollar Baby (Boxing movie)	Lance Armstrong – Cycling's Greatest Fraud in History https://www.youtube.com/watch?v=QNP7CeVc3c4	The Running Dream: Wendelin Van Draanen (Running Book)
The Blind Side (True American Football movie)	No No: A Dockumentary (Baseball, Free on Amazon)	Booked: Kwame Alexander (Football Book)

Friday Night Lights: A town, a team and a dream – HG Bissinger

Beyond a boundary – C.L.R James

Moneyball: The art of winning an unfair game – M.L Lewis

Leading – Alex Ferguson with Michael Moritz

The Book of Basketball: The NBA according to the sports guy – Bill Simmons

The Miracle of Castel di Sangro – J McGinnis

The Art of Captaincy – M Breatly

The Blindside: Evolution of a Game – M. L Lewis