

A-Level Physical Education Summer Bridging Task

The purpose of giving you a summer bridging task

- i. To provide a bridge from level 2 to level 3 study, and lead into the early stages of the course
- ii. To engage you in independent learning which is required at level 3
- iii. To encourage you to develop your work ethic and commitment to study
- iv. To measure your suitability for the course and assess your initial levels of achievement

All of your work must be typed and clearly presented – please reference your work where possible

Task 1: Define the following key terms and give an example of where they would occur in the body (30mins):

- Flexion
- Extension
- Abduction
- Adduction
- Agonist
- Antagonist
- Concentric
- Eccentric
- Isometric

Task 2: Produce a PowerPoint presentation to outline the body's use of the 3 energy systems: ATP/PC system, Lactic Acid System and the Aerobic System. Make sure you outline the **Fuels**, **Active sites**, **Timescale**, **Enzymes** and **By-products**. Discuss the advantages and disadvantages of each system (90mins):

Task 3: The Olympic Games has a rich history where athletes show sporting endeavour and physical prowess. Demonstrate your knowledge and understanding of the Modern Olympic Games by researching the background and aims of the Modern Olympics (who created the Modern Olympic Games and what was their influence?). Consider how the following games were exploited politically: Berlin 1936 (Third Reich), Mexico City 1968 (Black Power demonstration) and Munich 1972 (Palestinian terrorism) (90mins).

Task 4: Explain each of the classifications of skill below. Using a range of skills from different sports place one on each continuum and justify its position (30min):

- difficulty (simple/complex)
- environmental influence (open/closed)
- pacing (self-paced/externally paced)
- muscular involvement (gross/fine)
- continuity (discrete/serial/continuous)
- organisation (low/high)

Useful websites: <https://www.britannica.com/biography/Pierre-baron-de-Coubertin>

<https://www.youtube.com/watch?v=MyJzoXqfVx4>

Useful books: OCR A Level PE Book 1 ISBN 13: 9781471851735