

Step into Sixth Form

Bridging the Gap from Year 11 to Sixth Form

Bridging work PEARSON EXTENDED CERT. SPORT

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Remember, as an independent learner you should still be taking notes and keeping your work in an organised fashion. Don't stop exploring ideas and additional themes around the topics, just because you now have set tasks that will be submitted for assessment.












The purpose of these Bridging tasks is to spark your continued interest in the subject, develop your knowledge and prepare you for a flying start in September, enjoy them!

Note the submission dates and method for every subject.

Task	Outcome		Submission date	Feedback form
<p>1) GCSE to Unit 1 Body Systems – the next level. BTEC Unit 1</p> <p>BTEC Sport Handbook for information</p>	<p>Understanding the <u>Skeletal and Muscular</u> Systems and their application to performance</p>	<p>Research tasks on each of the systems.</p> <ol style="list-style-type: none"> A) Identify and explain the classification of different types of joints – use visual and written evidence . B) Describe the different types of movement that occur in each joint e.g. hinge joint - flexion/extension A) Identify all of the major muscles in the body then explain how they work as agonists, antagonists, synergists and fixators. B) Describe Isometric, Concentric and Eccentric contraction – use a sporting example to explain each one . C) Research the three fibre types and describe one athlete who would use each of the fibre types 	<p>September 2022</p>	<p>Portfolio – handed in / e-mailed for Teacher Feedback</p>
<p>2) Unit 7 – Practical Sports Performance.</p>	<p>Have knowledge on one sport and produce a report.</p>	<p>Choose a team sport. You need to produce a report, you needs the following information:</p> <ol style="list-style-type: none"> Rules/laws which the governing body regulates (eg FA football association,AENA all england netball association. RFU for rugby. Competition rules: eg do they have: olympic games/ european champs / world champs / leagues, knock out competitions. Unwritten rules and/or etiquette specific to sport, including welfare of competitors, behaviour, sportsmanship/ethics. Regulations for sports under competition rules to include the regulation for players, participants, equipment, playing surface/area, health and safety, facilities, scoring system, spectators. 	<p>September 2022</p>	

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<p>Optional Extra 6th Form Preparation work for A-Level PE/BTEC National in Sport</p> <p>For those of you finding the step 2 tasks interesting have a go at these.</p> <p>Mr Rees mar@chosen-hill.gloucs.sch.uk</p>	<p> Watch</p> <p>IF possible, watch the documentary on Netflix “The Game Changers”. The documentary explores the effects of a non-meat diet in sport. Consider the application of this to a sport of your choice.</p> <p>The Game Changers (on Netflix)</p> <p>Time: 1 hour 25 mins</p>	<p> Read page 9 (starting at classifying and categorizing supplements) to page 19 (stop at Dietary supplements and athletes). Consider the application of this to a sport of your choice.</p> <p>Exercise and Sport Nutrition Article</p> <p>Time: 1 hour</p>	<p> Complete</p> <p>Based on what you have read and watched in the two tasks on this top row, for a sport and/or athlete of your choice, provide a report on the recommendations of diet and nutrition for that individual/sport</p> <p>Time: 1 hour</p>
<p> Watch the Ted Talk “inside the mind of a champion”, which explores the types of strategies elite performers use to prepare psychologically</p> <p>Inside the mind of champion athletes</p> <p>Time: 12 mins</p>	<p> Listen to the podcast “Pressure” from Don’t Tell Me the Score. Sport Coach Dave Alred, who has worked with Jonny Wilkinson, talks about ways to deal with pressure.</p> <p>“Pressure” Podcast</p> <p>Time: 1 hour 18 mins</p>	<p> Complete</p> <p>Based on what you have listened to in the two tasks to the left, and the “Stress in Sport” podcast from last week, produce a mind-map of information on the psychology of sport and coping with pressure in sport. Add in your own thoughts on sport psychology</p> <p>Time: 1 hour</p>	<p> Watch the documentary “Crossing the line”, exploring the controversy of the South Africa vs Australia test series in 2018. Consider the impacts of, and reasons for deviance in sport.</p> <p>Crossing the Line</p> <p>Time: 55 mins</p>
<p> Watch the feature on British Cycling’s strategic planning to gain success in London 2012. Episode 3.</p> <p>British Cycling Road to Glory Episode 3</p> <p>Time: 40 mins</p>	<p> Watch the feature on British Cycling’s strategic planning to gain success in London 2012. Episode 4.</p> <p>British Cycling Road to Glory Episode 4</p> <p>Time: 40 mins</p>	<p> Watch episode 3 “Friend or Foe?” of Kevin Pietersen: Story of a Genius.</p> <p>Kevin Pietersen: Story of a Genius Episode 3 “Friend or Foe?”</p> <p>Time: 22 mins</p>	<p> Complete</p> <p>Based on what you have watched in the three activities in this bottom row, bullet point what you believe the key components of a successful team are</p> <p>Time: 1 hour</p>