

A LEVEL PE – BRIDGING WORK

SUMMER 2020

Tasks associated with Non Examined Assessment – Practical (worth 30% of your A level)

1. Access the OCR Website www.ocr.org.uk and search A level PE – NEA
Locate the assessment criteria for the sporting activity you are thinking of offering for assessment
Print this off, put into a Ring binder and bring to the first lesson
2. Email Mrs Pearson (pearsonc@ripley.lancs.sch.uk) with your chosen sport and a short sporting biography – if you haven't already done so.

Tasks Associated with Physiological Factors affecting performance (worth 30% of your A Level)

a) identify the **synovial joint type** and **articulating bones** in a series of common joints found in the body.

A **synovial joint** is a joint that allows a wide range of movement and which is composed of two or more bones which exist in a joint capsule.

Articulating bones are bones that move against one another within a joint.

Complete the table below

| Joint | Joint Type | Articulating bones |
|----------|---------------|--------------------|
| Elbow | | |
| Knee | | |
| Ankle | | |
| Shoulder | | |
| Hip | | |
| Wrist | | |
| Trunk | Cartilaginous | Vertebrae |

b) Complete the table below – The number of spaces in the final column indicates the number of joint movements possible at the named joint.

| Joint | Joint Type | Articulation bones | Joint Movements | | | |
|----------|------------|--------------------|-----------------|----|----|----|
| Elbow | | | | | | |
| | | | | | | |
| Knee | | | | | | |
| | | | | | | |
| Ankle | | | | | | |
| | | | | | | |
| Shoulder | | | 1. | 2. | 3. | |
| | | | 4. | 5. | 6. | 7. |
| Hip | | | 1. | | 3. | |
| | | | 2. | | 4. | |
| | | | | | 5. | |
| Trunk | | | | | | |
| | | | | | | |
| | | | | | | |

c) Complete the table below by finding the **agonist** muscle. The muscle that causes the joint movement

| Joint | Joint Type | Articulating bones | Joint movement | Agonist muscle(s) |
|----------|------------|--------------------|----------------------|-------------------------------------|
| Elbow | | | | → |
| | | | | → |
| Knee | | | | → |
| | | | | → |
| Ankle | | | | → |
| | | | | → |
| Shoulder | | | | → |
| | | | | → |
| | | | | → |
| | | | | → |
| | | | Horizontal adduction | → |
| | | | Rotation | → Subscapularis/ infraspinatis |
| Hip | | | | → |
| | | | | → |
| | | | | → |
| | | | | → |
| | | | Rotation | → Gluteus medius Gluteus maximus |
| Trunk | | | | → |
| | | | | → |
| | | | | → |

Tasks associated with Psychological Factors affecting performance (worth 20% of your A Level)

Classification of Skills

- a) For each of the 6 continuas define what they mean at each end of the continuum and give a practical example for each

Muscular Involvement

GROSS _____ FINE

Environmental Influence

OPEN _____ CLOSED

Continuity Continuum

DISCRETE _____ SERIAL _____ CONTINUOUS

Pacing Continuum

EXTERNALLY PACED _____ SELF PACED

Difficulty Continuum

SIMPLE _____ COMPLEX

Organisation Continuum

LOW _____ HIGH

- b) Choose a skill from your chosen sport (eg a chest pass in netball) and place on each of the 6 continuas and explain WHY you have put it there

For example

GROSS X _____ FINE

A netball pass is a gross skill as it involves the big muscle groups in the arms and legs to produce the pass.

Do this for all of the continuas listed above

Tasks associated with Social Cultural Issues in Sport (worth 20% of your A Level)

a) Research the following Olympic Games

Berlin 1936

Mexico City 1968

Munich 1972

Moscow 1980

Los Angeles 1984

Produce a handout that covers the following points

- Explain the background to the games
- What were the political issues at this time?
- What effect did it have on the games?
- How was this reported by the media?
- Did the demonstrations/incidents achieve their aims?

Search google – Sports, politics and the Olympic Games (this will help you)

b) Answer this question

Explain, using examples, how the Olympics has sometimes been exploited for political purposes (5 marks)