A Level Bridging Work

Physical Education

As an A Level Physical Education student you will be required to carry out an analysis and evaluation of performance.

**Tasks**

i) Choose a team sport (e.g. hockey) **and** an individual sport (e.g. trampolining).

ii) Apply the theoretical areas (some of these you will need to research as they were not covered in GCSE PE) bullet pointed below.

iii) Present this information in a format of your choice (this could be video, PowerPoint, poster, but **not** a written document).

Be creative and make the presentation interesting and engaging. You can include other areas not stated below if that is of interest to you.

The **theoretical areas** (AO1) you need to **apply** (AO2) and **evaluate** (AO3) include:

* The muscle fibres which are used in your sporting examples (these could include Type 1, Type 2a and Type 2x)
* The bones, joints and muscles used in a specific example for each sport.
* The effects of exercise on the body, referring to the body’s use of proprioceptors, chemoreceptors and baroreceptors.
* The energy systems which are used in the sports (including the predominant energy system).
* The transportation of oxygen around the body and removal of carbon dioxide