



Chew Valley School **Physical Education**

A Level Physical Education
Yr11 into Yr12 Summer Transition Task
Bridging the Gap

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Anatomy and Physiology-Mrs Foley

STRUCTURE: 'What it is'

FUNCTION: 'What it does'

1. **Axial & Appendicular Skeleton:**

Describe the function of both the different skeletons and list the different bones that are part of each one.

2. **Types of Bone:**

Below are the five different types of bone. For each type explain their function and all the examples within the body:

- Short
- Flat
- Long
- Irregular
- Sesamoid

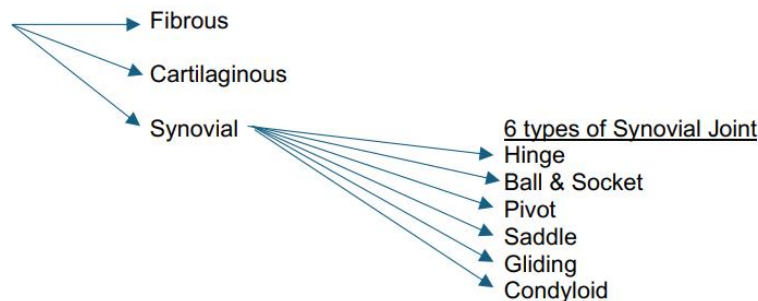
E.g.: Irregular Bones are for protection and the vertebrae are irregular bones

3. **Types of Joint:**

There are three types of joint, match up the correct information below

- Type: Fibrous, Cartilaginous, Synovial
- Movement: Little movement, Freely moveable, No movement
- Stability: Stable, Highly stable, Least stable
- Examples: Joints between the vertebrae, Hip & Knee, Sutures in cranium & pelvis

3 Types of Joint

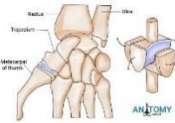


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4. Synovial Joints:

Using the different synovial joints above draw a diagram of each type and write the joints in the body where these are located. For example:

Hinge	Ball & Socket	Pivot	Saddle	Gliding	Condyloid
					
			Thumb		

5. Synovial Joint Structure & Function:

Draw a synovial knee joint and label with the following structures.

Copy and complete the table below matching up the correct structures and functions:

- Ligament
- Synovial fluid
- Articular cartilage
- Joint capsule
- Bursae

Structure	Structures	Functions
	Smooth tissue which covers the surface of the articulating bones	Absorbs shock and allows friction-free movement
	A closed fluid filled sac found where tendons rub over bones	Reduces friction between tendons and bones
	A tough band of slightly elastic connective tissue	Connects bone to bone and stabilises the joints during movement
	A fibrous sac with an inner synovial membrane	Encloses and strengthens the joint secreting synovial liquid
	Lubricating liquid contained within the joint cavity	Reduces friction and nourishes articular cartilage

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6. Types of Movement:

Research & define the following movements

- Flexion e.g.; Decrease in angle of the joint
- Extension
- Adduction
- Abduction
- Dorsi Flexion
- Plantar Flexion
- Horizontal Flexion
- Horizontal Extension
- Medial Rotation
- Lateral Rotation

7. Basic Movement Analysis:

Draw and complete the table

Joint	Joint Type	Articulating Bones	Movements Possible
Wrist	Condylloid	Radius, Ulna & Carpels	Flexion & Extension Abduction & Adduction
Elbow			
Shoulder			
Spine			
Hip			
Knee			
Ankle			



Exercise Physiology-Mr Monk

Ergogenic Aids

Demonstrate knowledge and understanding of how ergogenic aids affect the body's ability to exercise during physical activity and sport.

Pharmacological aids:

- Anabolic steroids
- Erythropoietin (EPO)
- Human growth hormone (HGH)

Physiological aids:

- Blood doping,
- Intermittent hypoxic training (IHT)
- Cooling aids

Nutritional aids:

- Pre Event meal/pre training meal-amount of food, composition of meal, timings of meal. Endurance/Strength performer focus.
- During event-amount of food, composition of food, timing of food intake. Endurance/Strength performer focus.
- Post Event meal/post training meal-amount of food, composition of meal, timings of meal. Endurance/Strength performer focus.
- Hydration
- Glycogen/carbohydrate loading
- Creatine
- Caffeine
- Bicarbonate
- Nitrate

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Please copy and paste the below 3 tables into a word document and then research all the relevant material in order to complete all the boxes.

Pharmacological Aids

Performance Enhancement Aid	WADA Status	Performer Benefitting	Positive Effects/Benefits	Negative Effects/Benefits	Critical Evaluation of Use
Anabolic Steroids					
Erythropoietin (EPO)					
Human growth hormone (HGH)					

Physiological Aids

Performance Enhancement Aid	WADA Status	Performer Benefitting	Positive Effects/Benefits	Negative Effects/Benefits	Critical Evaluation of Use
Blood Doping					
Intermittent Hypoxic Training					
Cooling Aids- Pre event/Injury treatment/Post event.					

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Nutritional Aids

Performance Enhancement Aid	WADA Status	Performer Benefitting	Positive Effects/Benefits	Negative Effects/Benefits	Critical Evaluation of Use
Pre Event meal/ Pre training meal					
During Event					
Post Event Meal/ Post training meal					
Glycogen Loading					
Hydration					
Creatine Supplementation					
Caffeine					
Bicarbonate					
Nitrate					

Example of how each row should look..

Performance Enhancement Aid	WADA Status	Performer Benefitting	Positive Effects/Benefits	Negative Effects/Risks	Critical Evaluation of Use
Anabolic Steroids- A group of illegal synthetic hormones resembling testosterone to promote synthesis for muscle growth, recovery and repair	Illegal	Maximal and explosive strength based performers. E.g. sprinters, throwers and baseball and rugby players,	Increased muscle mass and strength. Increased speed of recovery. Increased intensity and duration of training.	Irritability, aggression, paranoia, acne, liver damage, heart failure and hormonal disturbances. Male performers can see testes shrink, sperm count decrease, hair loss and breast tissue development. Female performers can see facial hair growth and a deepening of the voice.	Quality and quantity of training can be increased as strength and recovery improves. Anabolic steroids are easily accessible and available in tablet, capsule, solution (for injection) and cream form. Prohibited in and out of competition and relatively easily detected with a urine sample, many high-profile athletes have suffered the penalties of use, such as sprinters Dwain Chambers and Marion Jones and baseball players Alex Rodriguez and Barry Bonds.



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Skill Acquisition-Mr Jones

Task 1

Watch a minimum of 60 minutes of one sport / game – this could be live sport or highlights. Once you've finished, complete the following:

- Define skill
- Provide 6 specific examples of when you observed a skilful performance
- Rank order these 6 skills in terms of how hard they are to perform to a high standard
- State 3 characteristics of a skilful performance (e.g. one would be fluent)

Task 2

Watch a minimum of 60 minutes of 4-6 different sports / games – this could be live sport or highlights. Once you've finished, complete the following:

- State 10 of the most difficult skills in sport
- Rank order these 10 skills (e.g. 1 = most difficult, 10 = least difficult)
- In terms of the skills required, state 10 sports which are the most difficult to play
- Rank order these 10 sports (e.g. 1 = most difficult, 10 = least difficult)

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Contemporary Studies-Ms Hibbert

Task 1.

Look up the following words and write definitions of them

- Social
- Cultural
- Contemporary
- Characteristics

Task 2.

We will be studying the development of Sport from Pre-industrial times right up to 2024. It is important that you know what eras we are talking about. Draw a time line that starts in 1750 and finishes in 2026. Label the following times on it. Pre-industrial, Post-Industrial, Start of Queen Victoria's reign, First World War, 2nd World War, 1st Modern Olympic Games, start of the railways, start of aeroplanes, beginning of the internet.

You will need to look these up so you can accurately place them on your timeline.

Task 3.

For your main sport do some research and present the information on 1 sheet of A4 paper. The information you need to include is: -

- Earliest origins
- Who the governing body is and when they started
- The early rules compared to the current rules – do this as a table
- Equipment changes over the years (pictures are good for this)
- Websites or books that you used to find out the information – this is so others can find your sources of information too.

Practical Participation Log-Mr Monk

Please set up a participation log sheet, example below, and start completing it for your assessed practical activity.



Learners complete logs of competitive participation in their activities/sports to show their frequency and level of participation. These may be called upon as supporting evidence.

You may log competition from within your PE lessons where the competition played meets the rules of assessment e.g. a full 11 a side game of football, full size court games and appropriate points scoring for racket sports

[illegible]



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Examples

Candidate name		Candidate number				
Activity 1	Football					
Date of participation	Level of competition	Role/position/ event	Performance outcome			
9 th October 2016	School year group competition	Striker Played full game	2-0 win Scored 1 goal			
11/10/2016	Local Saturday league	Striker Came on as sub	1-1 draw			
15/11/2016	County level inter schools fixture	Striker Played 70 minutes	3-2 win Scored 2 goals			

Candidate name		Candidate number				
Activity 2	Swimming					
Date of participation	Level of competition	Role/position/ event	Performance outcome			
1/10/2016	Inter form within my school	50m freestyle	3 rd position Time = 30.2 seconds			
25/11/2016	Club competition between my 3 local swimming clubs	100m freestyle	7 th position Time = 1,03.23			
10/12/2016	County championships	50m freestyle	6 th position Time = 29.7 seconds			



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Candidate name			Candidate number				
Activity 3	Tennis - Singles						
Date of participation	Level of competition	Role/position/ event	Performance outcome				
10/09/2016	District League	NA	6-3, 6-3 To me. Ranking 3 rd in district				
22/09/2016	Inter school championship	NA	Won Tournament. Played in 8 games as a knock out tournament				
03/10/2016	Local Sunday league	NA	4 th in the league. Lost 4-6, 3-6				

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