



Year 12: Physical Education Summer Bridging Work

AQA A-Level Physical Education topics:

- Skill acquisition
- Sports psychology
- Sports and society
- Sport and Society and the Role of Technology in Sport
- Applied anatomy and physiology
- Exercise physiology
- Biomechanical movement

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Mrs Kisby

Skill Acquisition

Create a fact sheet on the different types of practice.

(Include information on the advantages and disadvantages of using massed, distributed, variable and mental practice)

Sports Psychology

Create a PowerPoint presentation on the different theories of arousal.

(This should include information on the drive theory, catastrophe theory, inverted U theory and the Zone of Optimal functioning)

Sport and Society

Research the characteristics and impact of the golden triangle on the development of association football in the UK.

(Look at the relationship between commercialisation, sponsorship and the positive and negative effects of the media.)

Sport and Society and the Role of Technology in Sport

Create a fact sheet on how organisations such as UK Sport, National Governing Bodies and National Institutes of Sport help to provide support for elite athletes in the UK.

(Look at the key features of the organisations, talent ID programmes and support initiatives)

Mrs Norman

Applied Anatomy & Physiology

Research and create a poster with the different types of joints and state what movements are allowed at each joint (e.g. flexion). Use pictures of sporting actions and label the joint name and action.

(Example of a type of joint= hinge. An example of a joint movement is flexion)

Exercise Physiology

Produce a table on the main nutrients required in a diet and include their function in the body and how it helps during physical activity as well as what food sources it comes from.

Nutrient	Food source	Function	How it helps during physical activity
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(Include simple carbohydrates, complex carbohydrates, saturated fats, trans fats, protein, and fibre.)

Biomechanical Movement

Research the 3 classifications of levers and produce a power point on what a first class, second class and third class lever is. Include pictures and explain each one per slide.