



Summer Bridging Unit

This work is to be completed over the summer and handed in to your subject teacher at the end of your third full week in Sixth Form.

Name: Date:

Work to be completed	How this will link to the start of course in September	Progress - <i>teacher use only</i>
<p>Task 1 Demonstrating understanding of the course content and how you will be assessed. Read the course syllabus & answer the following questions:</p> <ol style="list-style-type: none"> 1) How will you be assessed at the end of the course? 2) How many exams will you sit? 3) How long are those exams? 4) How many marks are available? 5) There are 6 long answer questions on each exam paper. How many marks are they worth in total? 6) What percentage does the NEA make up? 7) What are the two aspects of the NEA? 8) What percentage is your practical performance worth? 	<p>Students need to have an understanding of the different aspects of the course; both theory and practical.</p> <p>Students will be taught by three different teachers, each teaching a different aspect of the course: physiology, psychology, sociology.</p> <p>Students will not be taught 'practical' lessons, so they need to understand how the practical element will be assessed and what they need to do in order to achieve well.</p>	<p>1: Above the expected standard of an A Level study 2: The expected standard of A Level study 3: Below the expected standard of A Level study</p> <p>Above:</p> <p>Below:</p> <p>Meeting:</p>

<p>Task 2 Research based task which will support your Term One studies.</p> <p>Students are to write a short essay (600-800 words) analysing an elite athlete of their choice. They need to identify some of the different physiological and psychological aspects that have led to elite level performance in that athlete.</p> <p>Examples that students might include:</p> <ul style="list-style-type: none"> • Physiology – VO₂, muscle fibre type, strength, lactate threshold, training methods, recovery. • Psychology – arousal, anxiety, self-efficacy, attribution theory, group dynamics, leadership. 	<p>Students will need to understand how a range of factors influence performance. This is important throughout the course and plays a particular role in the written NEA.</p>	<p>Above:</p> <p>Below:</p> <p>Meeting:</p>
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Additional information

<p>Useful resources to support:</p>	<p>AQA A Level PE specification. AQA website – command words, key terminology. YouTube – Ever Learner videos.</p>
<p>Essential equipment for September:</p>	<p>All the usual!</p>
<p>Optional: Further ways to demonstrate intellectual curiosity:</p>	<p>The Sports Gene – David Epstein Bounce – Matthew Syed The Games – David Goldblatt</p>