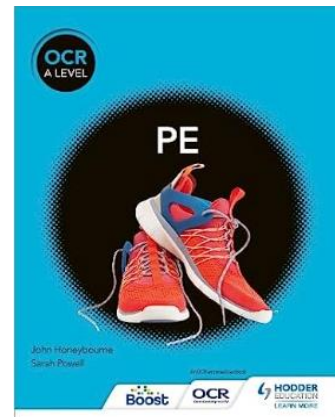


A-Level PE Summer Bridging Work 2023/24

Exam board: OCR

Resources that you need to purchase in preparation for studying this course:

- Course textbook: OCR A Level PE (Year 1 and Year 2) ISBN 978-1-5104-7331-7



- Lever arch folder
- Dividers

As part of the A-Level Physical Education course you will be required to complete the following tasks before the course begins in September. The tasks are a mix of academic, practical and organisational and will prepare you for a smooth transition.

A copy of the specification can be found at

<https://www.ocr.org.uk/Images/234833-specificationaccredited-a-level-gce-physical-education-h555.pdf>

Academic

1. Label the major bones on a skeletal diagram and state whether the bone indicated is either a flat or long bone.
2. Describe the role of the major components of a synovial joint.
3. Research the following classification of skill continua and attempt to place a specific practical example from your key chosen sport along each one:
 - Difficulty (simple-complex)
 - Environmental (open-closed)
 - Pacing (self paced-externally paced)
 - Muscular involvement (gross-fine)
 - Continuity (discrete-serial-continuous)
 - Organisation (high organisation- low organisation)

4. Read the article 'Sport and Culture' via the following link and provide a synopsis (<http://sociology.iresearchnet.com/sociology-of-sport/sport-and-culture/>)

5. Read the article 'A brief overview of the history of Sport in the UK' and provide a synopsis (https://www.academia.edu/203052/A_brief_overview_of_the_history_of_sport_in_the_UK)

Practical

1. Select one sport that you will focus on throughout the two year course. Research drills that can be used to help improve weaknesses in the key skills involved in this sport.

2. Begin to record your performances within this sport and maintain a Competitive Log Book.

Organisational

1. Purchase the following text book (OCR A-Level PE For A-Level Year 1 – ISBN 978-147-1-85173-5) and read pages 2, 3, 144-149 and 220-222. 2.
- 2.
3. Prepare a ring binder file with 4 separate sections:
 - Applied anatomy and physiology
 - Skill acquisition
 - Sport and society
 - Practical performance and EAPI