

# Step into Sixth Form

Bridging the Gap from Year 11 to Sixth Form

## Bridging work

## PE

Mr Rees – Mr Knight – Mr Webb  
[mar@chosen-hill.gloucs.sch.uk](mailto:mar@chosen-hill.gloucs.sch.uk)  
[rk@chosen-hill.gloucs.sch.uk](mailto:rk@chosen-hill.gloucs.sch.uk)  
[tw@chosen-hill.gloucs.sch.uk](mailto:tw@chosen-hill.gloucs.sch.uk)

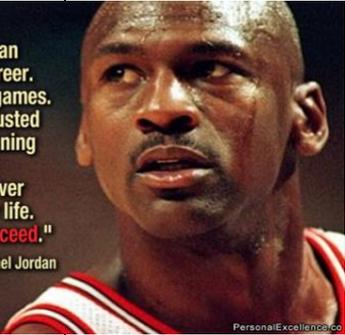


Remember, as an independent learner you should still be taking notes and keeping your work in an organised fashion. Don't stop exploring ideas and additional themes around the topics, just because you now have set tasks that will be submitted for assessment.

The purpose of these Bridging tasks is to spark your continued interest in the subject, develop your knowledge and prepare you for a flying start in September, enjoy them!

Note the submission dates and method for every subject.



Task	Outcome	Assessment method	Submission date	Feedback form
<p><b>Tasks 1&amp;2</b> GCSE to A Level Physiological and Psychological aspects of performance</p>  <p>"I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." - Michael Jordan</p>	<p>Understanding how the physiological and psychological aspects are interconnected to improve performance in sport.</p>	<p><u><a href="http://www.yousubtitles.com/The-Gold-Mine-Effect-How-to-find-undervalued-talent-id-830998">Research tasks Watch the following link about undervalued talent:</a></u>  <a href="http://www.yousubtitles.com/The-Gold-Mine-Effect-How-to-find-undervalued-talent-id-830998">http://www.yousubtitles.com/The-Gold-Mine-Effect-How-to-find-undervalued-talent-id-830998</a></p> <p><u><b>Task 1</b></u></p> <p><b>A) Psychological Aspects:</b>            Research and explain the different types of psychological factors that can directly impact performance. Theories of personality, Attitudes, Need to Achieve, Mastery Orientation, Attribution, Anxiety, Intrinsic Motivation, Extrinsic Motivation, Leadership Skills, Self-Efficacy</p> <p><b>B) Physiological Aspects:</b>            Research and explain the different types of physiological factors that can directly impact performance. Aerobic capacity, Muscular Strength, Muscular Fibre Type, Flexibility, Acute Injuries, Chronic Injuries, Importance of fitness testing, physiological adaptations from training</p> <p>Use your imagination to present this information in any way. It could be a powerpoint or report or poster. Your choice</p>	<p>September 2022  <a href="mailto:tw@chosen-hill.gloucs.sch.uk">tw@chosen-hill.gloucs.sch.uk</a></p>	<p>Word/ PowerPoint document handed in / e-mailed for Teacher Feedback</p> <p>As Above.</p>

# Step into Sixth Form

Bridging the Gap from Year 11 to Sixth Form

<p><b>TASK 3 - 6<sup>th</sup> Form preparation work for A-Level PE – Deadline September on return to School.</b></p> <p>Select <b>at least 5</b> of the following tasks to complete including <b>both</b> of the cycling tasks on the bottom row. Feel free to complete more!!</p> <p>Mr Rees <a href="mailto:mar@chosen-hill.gloucs.sch.uk">mar@chosen-hill.gloucs.sch.uk</a></p>	 <p><b>Watch</b> IF possible, watch the documentary on Netflix “The Game Changers”.</p> <p>The documentary explores the effects of a non-meat diet in sport. Consider the application of this to a sport of your choice.</p> <p><a href="#">The Game Changers (on Netflix)</a></p> <p><b>Time: 1 hour 25mins</b></p>	 <p><b>Read</b> page 9 (starting at classifying and categorizing supplements) to page 19 (stop at Dietary supplements and athletes).</p> <p>Consider the application of this to a sport of your choice.</p> <p><a href="#">Exercise and Sport Nutrition Article</a></p> <p><b>Time: 1 hour</b></p>	<p><b>Complete</b> - Based on what you have read and watched in the two tasks on this top row, for a sport and/or athlete of your choice, provide a report on the recommendations of diet and nutrition for that individual/sport.</p> <p><b>Time: 1 hour</b></p> 
 <p><b>Watch</b> the Ted Talk “inside the mind of a champion”, which explores the types of strategies elite performers use to prepare psychologically</p> <p><a href="#">Inside the mind of champion athletes</a></p> <p><b>Time: 12mins</b></p>	 <p><b>Listen</b> to the podcast “Pressure” from Don’t Tell Me the Score. Sport Coach Dave Alred, who has worked with Jonny Wilkinson, talks about ways to deal with pressure.</p> <p><a href="#">“Pressure” Podcast</a></p> <p><b>Time: 1 hour 18mins</b></p>	<p><b>Complete</b> - Based on what you have listened to in the two tasks to the left, and the “Stress in Sport” podcast from last week, produce a mind-map of information on the psychology of sport and coping with pressure in sport. Add in your own thoughts on sport psychology</p>  <p><b>Time: 1 hour</b></p>	 <p><b>Watch</b> the documentary “Crossing the line”, exploring the controversy of the South Africa vs Australia test series in 2018.</p> <p>Consider the impacts of, and reasons for deviance in sport.</p> <p><a href="#">Crossing the Line</a></p> <p><b>Time: 55mins</b></p>
 <p><b>Watch</b> the feature on British Cycling’s strategic planning to gain success in London 2012. Episode 3.</p> <p><a href="#">British Cycling Road to Glory Episode 3</a></p> <p><b>Time: 40mins</b></p>	 <p><b>Watch</b> the feature on British Cycling’s strategic planning to gain success in London 2012. Episode 4.</p> <p><a href="#">British Cycling Road to Glory Episode 4</a></p> <p><b>Time: 40mins</b></p>	 <p><b>Watch</b> episode 3 “Friend or Foe?” of Kevin Pietersen: Story of a Genius.</p> <p><a href="#">Kevin Pietersen: Story of a Genius Episode 3 “Friend or Foe?”</a></p> <p><b>Time: 22mins</b></p>	<p><b>Complete</b> - Based on what you have watched in the three activities in this bottom row, bullet point what you believe the key components of a successful team are</p> <p><b>Time: 1 hour</b></p> 