



The Bridge to Post-16 Summer Work



A Level PE OCR

This pack contains a programme of activities and resources to prepare you to embark on your Post-16 course in PE in September.

It should be completed throughout the remainder of the Summer term and over the Summer Holidays to ensure you are ready to start your course in September.

You MUST have this pack completed before your first lesson in the subject

The resources include:

1. Links to three websites where you can research the topics you will be exploring in the course and get a flavour of what you will be learning about in Post-16
2. Research task on key pre-knowledge topics that will help you to be successful in your course.
3. Other relevant revision/questions to help bridge between GCSE and Post-16 courses
4. Suggested therapies to help you if you are struggling with the tasks

Overall we suggest you spend around 3 hours of total work working through the tasks for PE

Therefore in total, across your 3 subjects you should be completing 9 hours of Summer Work.

Useful Websites

<https://www.ocr.org.uk/Images/221963-qualification-factsheet.pdf>

<https://www.ocr.org.uk/Images/234840-as-and-a-level-guide-to-non-exam-assessment.pdf>

<https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/>

<https://www.youtube.com/watch?v=44bP4w4JWK0>

<https://www.youtube.com/watch?v=bWTa9YucY1w>

<https://www.youtube.com/watch?v=pvs7FViL-k4>



Research Task

1: **Applied anatomy and physiology:** Create a powerpoint presentation detailing the effects and benefits of long term exercise on the body systems. Your presentation should include the following:

Musculoskeletal System

- Bone density
- Ligaments and tendons
- Muscular hypertrophy
- Rest for adaptations and recovery

Cardio-respiratory System

- Resting heart rate
- Recovery time
- Resting stroke volume
- Cardiac output
- size and strength of heart
- Number of blood cells
- Resting blood pressure
- Lung capacity/volume and vital capacity
- Number of alveoli
- Strength of diaphragm and intercostal muscles

2: Exercise Psychology:

Think of 4 words that you would use to describe your personality. Then, if you can, ask the people you live with to also describe your personality in just 4 words (this can often be a difficult task for people to do) When you have done this, please research the following personality types:

- Type A
- Type B
- Introvert
- Extrovert

Once you have done this and wrote down a suitable description, can you find the science behind why someone is believed to be an introvert/extrovert. HINT – it is to do with something called the reticular activating system (RAS). Now look back at your four words and the words given to you by your family members. Would you class yourself as being a Type A/B personality and are you more likely to be introverted/extroverted? Please then either write up your findings or produce a video clip where you explain your personality type.

3: Socio Cultural Issues:

Research the background of The Modern Olympic Games (1896) Discuss the aims of the Games, Discuss the philosophy behind why they were reintroduced, Guidance - Research the work carried out Baron Pierre de Coubertin and William Penny Brookes. Then Research the political exploitation of the Olympic Games

- Berlin 1936, Third Reich Ideology
- Mexico City 1968 'Black Power' demonstration
- Munich 1972 Palestinian terrorism
- Moscow 1980 boycott lead by USA
- Los Angeles 1984 boycott by Soviet Union

Explain how countries tried to use the Olympic Games as a tool to promote their political ideology. I am happy for this to be done as a research project on word or as a powerpoint presentation. Add as much detail as you possibly can. Please discuss in detail the Nations and people involved, the rationale behind what happened and the legacy of the actions that occurred. Present your findings in the format of your choice, be creative!!.

Other Tasks

Use the link to the guide to non examined assessment and consider which would be your strongest practical sport to be assessed in. Keep a log over summer of any competitive performances you take part in, record the date, level of competition and result.

<https://www.ocr.org.uk/Images/234840-as-and-a-level-guide-to-non-exam-assessment.pdf>

Suggestions if you are struggling

Contact Mr Vardy if you need any support with these tasks over summer:

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