

  **A Level Physical Education**

 **Why do I need to complete a bridging task?**

Completing the following task will enable you to gain an insight in to the content of the work involved on the A Level Physical Education course, to see if it is something you would enjoy and what you expect from the course. It will also provide you with a basic understanding of some of the concepts which will be studied. This work will also allow staff to determine the level you are working at in preparation for your physical education studies.

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| **Content** * Correctly identify **all** of the following bones:

cranium, clavicle, ribs, sternum, humerus, radius, ulna, scapula, ilium, pubis, ischium, carpals, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals, metatarsals, vertebral column, vertebrae – cervical, thoracic, lumbar, sacrum, coccyx.  * The six synovial joints to include:
* Gliding
* Hinge
* Pivot
* Condyloid
* Saddle
* Ball & socket

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**When should I hand it in?**

Please bring this completed task with you to your first

A Level PE lesson. You should hand it in to your subject

teacher on this day. Please ensure your name is

written on the top of every page of work you produce.

**The task**

With the Olympic Games taking place this summer in Rio, sportsmen and women from all around the world will be taking part in a variety of sporting events. The physiological requirements for success are extremely important. Performer’s bodily systems will need to function at a high level in order to sustain a top level of sports performance. In order to fulfil this, athletes need to have full knowledge and understanding of the principles of anatomy and physiology.

1. Your first task is to print off a diagram of the skeleton and label 25 of the major bones, these are listed in the contents box.

1. You then need to describe the six different synovial joints that are present in the body. Think about their structure and function and give examples of these where you can.
2. Then using your knowledge of bones, muscles and joints describe the sample sporting movements that take place in the Olympic sport/event you have chosen. You may want to print out a picture of the performers in action and describe what is happening.
3. Finally, you are required to research examples of the use of PED’s at either this or previous Olympic Games. Provide an information sheet (1 side of A4) on the potential benefits, the health risks and the legality.

**How will I be given feedback on how well I have done?**

The work will form a basis of your first few sessions on the course and feedback will be given within this time period. This work comprises an element of the assessment used during induction.

Bushey Meads School, Coldharbour Lane, Bushey, WD23 4PA Telephone: 208 950 3000 email: reception@busheymeads.org.uk www.busheymeads.org.uk Twitter - @BMSPEandHealth