

AS PE

BRIDGING WORK

The Bridging work must be completed by the time you start your **first lesson** in year 12.

Your work will be assessed in September

Anyone not completing their work or producing poor quality work will be re-interviewed to assess their suitability for the course.

The aim of this work is to get your mind thinking about starting the course in year 12 and prepare your mind for much more advanced learning.

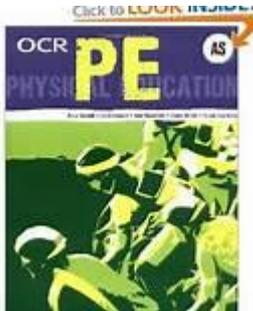
Specification:

This can be found as a PDF document below:

<http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h154-h554/>

You will need to print this as a hard copy and put in a specification folder – this will need to be brought to each of your lessons.

You will need to purchase the following text book:



ISBN: 9780435466770

COST: Approx £20

You will also need a cheque made payable to Saint Cecilia's, Wandsworth for £25- Please can you write your name and PE Department on the back of the cheque.

We will purchase Shirt , Shorts and Socks for PE practical sessions with this money – it is separate to the PE kit in lower school and much nicer!

Task 1:

You are to produce two A3 Diagrams identifying on one, the 23 Bones of the body (the ones on the PE specification) and on the other the 32 separate muscles

On the back of these diagrams I would like the specific function of each of these bones and muscles in table form – what do they do!?

You also need to account for each of the 8 major joints i.e Elbow. Which bones articulate at the joint and what movement types they allow for.

Finally, you have identified the joint and the bones that form the joints. You have identified the bones' movement at the joint I now want you to tell me what muscles cause each of these movements.

Remember, each muscle causes specific movements and there is quite a lot of detail here.

Task 2:

I would like you to produce 1 side of A4 for each of the following Olympic games

A credible report of the main issues and events that took place

One picture/logo only and no bigger than font 11.

Berlin 1936 – Third Reich Ideology

Mexico City 1968 – 'Black Power' demonstration

Munich 1972 – Palestinian Terror

Moscow 1980 – Boycott led by the USA

Los Angeles 1984 – Russian Boycott