

## Year 11 into 12 Bridging the Gap

### Summer Work for 2020 Entry



**St Philip Howard**  
SIXTH FORM  
*Learn, Grow, Achieve*

We want you to be really successful and what it takes to be successful at GCSEs is different from being successful at A-Levels. Although you have fewer subjects there are different skills at A-Level and the volume of work is greater because the depth and detail is more demanding.

Bridging the Gap Work will reassure you that the subject you have selected is for you, or allow you time to change your choice of subject at enrolment, as long as there is space and you meet the entry criteria. We want you to study a course that interests you and you are sufficiently qualified to study.

**Subject: Physical Education Alevel**

**Head of Subject: Miss Hardie**

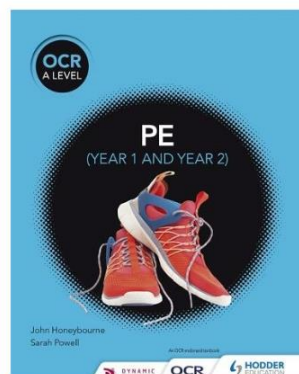
#### **Aim of Bridging Work:**

To complete different areas of the course to begin the learning process and a passion for the different content.

#### **Equipment List :**

- Paper and A4 Folder or A4 notebook
- Folder for tests and paperwork
- A copy of the specification (H555 OCR PE)
- A log book of your sports (1 sport needed)
- Highlighters

#### **Textbook(s) for September:**



Can get from amazon or other online places. May be cheaper to buy Year 1 and Year 2 separate but will need both next year.

#### **Reading List:**

## Tasks

Movement Analysis, this is part of Paper 1 and is in the Anatomy and Physiology unit. For this you will have to build up a number of pieces of knowledge from the Alevel course to be accurate.

The aim is to choose a sports person of your choice and analyse the movement at at least 3 joints in their body by completing the table below. Please also insert a picture of the movement to allow you to check your answers.



Sporting action	Joint	Joint type	Movement	Agoinst	Antagonist	Fixator	Contraction type	Plane of movement
E.G. Cartwheel	Hip	Ball and socket	Abduction	Gluteus Medius	Adductor longus	Gluteus maximus	Concentric	Frontal

This is what you will need to know before you can complete this to the Alevel required level. (PREVIOUS GCSE KNOWLEDGE NEEDS TO BE ADAPTED/IMPROVED to match the ALEVEL STANDARD.

Make notes on the following before completing the table as this is the information you will need for next year (all found at COR PE H555 specification) to see exam questions look through the past papers on the assessment part of the website.

### shoulder:

- flexion, extension, abduction, adduction, horizontal flexion/extension, medial and lateral rotation, circumduction
- deltoid, latissimus dorsi, pectoralis major, trapezius, teres minor

### elbow:

- flexion, extension
- biceps brachii, triceps brachii

### wrist:

- flexion, extension
- wrist flexors, wrist extensors

### hip:

- flexion, extension, abduction, adduction, medial and lateral rotation
- iliopsoas, gluteus maximus, medius and minimus, adductor longus, brevis and magnus

### knee:

- flexion, extension
- hamstring group: biceps femoris, semi-membranosus, semi-tendinosus
- quadriceps group: rectus femoris, vastus lateralis, vastus intermedius and vastus medialis

### ankle:

- dorsi flexion, plantar flexion
- tibialis anterior, soleus, gastrocnemius

planes of movement:

- frontal
  - transverse
  - sagittal.
- 

roles of muscles:

- agonist
- antagonist
- fixator

types of contraction:

- isotonic
- concentric
- eccentric
- isometric.

The best place to find the information for this is using the Alevel PE book. If not use the internet but make sure you stick to the exact information provided by the specification. Using pictures and drawings in your notes will be a productive useful way to learn this information.

Feel free to print and label the below muscular system and put this on your wall to allow you to learn the muscles required.

