



# 6TH FORM SUMMER BRIDGING WORK

## Welcome to Physical Education

### Your course

You will be studying Physical Education (OCR's H555 course). Details of the specification and course assessment can be found [here](#).

We encourage you to become familiar with the course specification as soon as you start your course in September.

### Summer bridging work

Read through carefully to make sure you understand what you are required to hand in. **You will need to hand in a paper copy of this work during your first lesson in September.**

### PHYSIOLOGICAL FACTORS: Mr Hunter will work with you in the induction lesson.

#### TASK 1: PHYSIOLOGICAL extended response (Suggested time: 1.5 hour to plan, write and review) – FOR MR HUNTER

Using practical examples, explain how the types of bone in the skeleton allow a range of roles to be fulfilled by the skeletal system (10 marks)

*HINTS: Consider the roles that the skeletal system plays. Consider good examples from sport and exercise for each of these. Marry them together with the classifications/types of bone in the body. Link the information and provide a paragraph for each role. Link your paragraphs together with connectives. Provide a brief introduction and conclusion. A copy of the slides used can be found [here](#)*

### PSYCHOLOGICAL FACTORS: Due to time restrictions, Mr Wilson didn't have contact time in the induction, but has set the following induction work.

#### TASK 2: PSYCHOLOGICAL extended response (Suggested time: 1.5 hours to plan, write and review). Please click [here](#) for a Loom that goes through the information required and the task in more detail.

Using the classification of movement skills continuums to assist you. Describe the skills found within a named sporting activity. Provide specific examples and evaluative comments to support your judgements (10 marks)

### SOCIO-CULTURAL ISSUES: Due to time restrictions, Ms Quarrell didn't have contact time in the induction, but has set the following induction work.

#### TASK 3: SOCIO-CULTURAL independent research task and short answer questions (Suggested time: 1.5 hours). Please click [here](#) for further information and tasks.