Coombe Wood Year 12 Bridging Work 2026/27

SUBJECT: A Level PE
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We recommend you purchase the following textbook for this subject area:

All bridging work must be completed by 25/9 and forms part of your Pupil Passport at Coombe Wood Sixth Form.

Books

- AQA A-level PE (Year 1 and Year 2), by Carl Atherton (Author), Sue Young (Author), Ross Howitt (Author)
- Bounce- excellent introduction to skill development, practice, and performance.

Podcasts

- High Performance podcast

Websites

- BBC Bitesize- Great for revising anatomy, physiology, fitness, and training principles.
- AQA A Level specification

BRIDGING TASKS
1.NEA Preparation: For your chosen sport. Write the following SWOT analysis in preparation for your studies (one side of A4). Use examples of a competitive situation (Football match, Dance Showcase, Athletics Meeting etc). Think from a physiological and psychological view point. • **Strengths** - What is your major strength in your chosen sport? • **Weaknesses** - What two weaknesses do you have in your chosen sport? • **Opportunities** - How would you improve those weaknesses? • **Targets** - When is your target to improve the weakness by? (use SMART Targets) Now compare yourself to an elite athlete in your chosen sport. Why are they classed as elite?

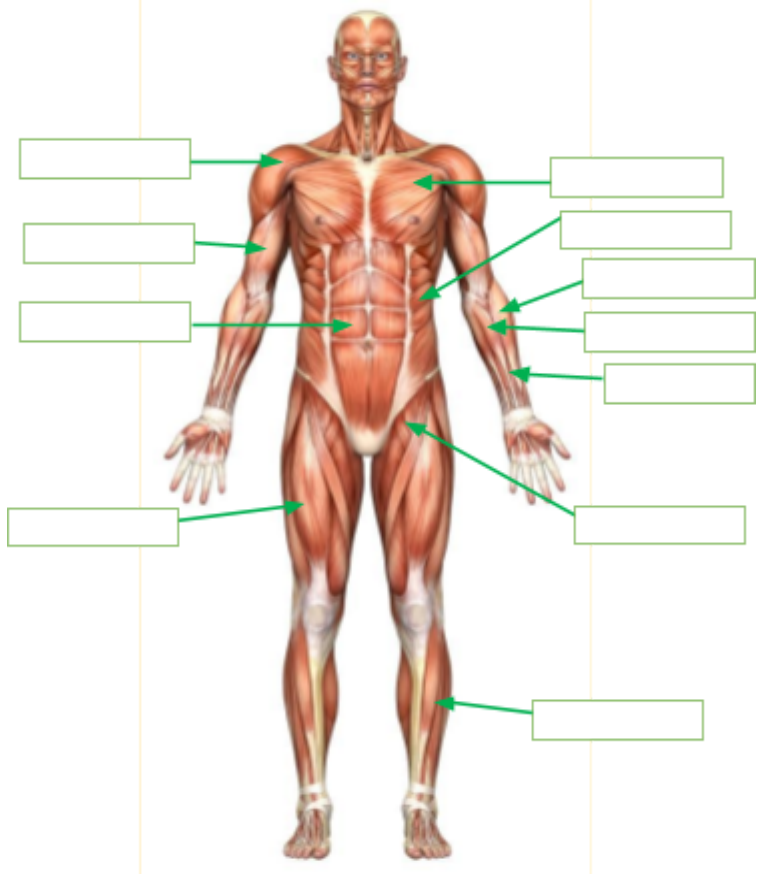
2. Flipped learning
For each bullet point devise a spider diagram with information to support your knowledge.

1. **Anatomy and Physiology:**
- Understand the term Cardiovascular Drift
- Explain the Initiation of a heartbeat

2. **Skill Acquisition:**
- Understand the difference between Skill and Ability
- Explain the Discrete/Serial/Continuous Continuum

3. **Sport and Society:**
- Identify the difference between the Upper and Lower Class in pre industrial Britain
- Explain the emergence of the middle class in post industrial Britain

3. Major skeletal muscles of the Muscular System



Exam questions

Figure 1 shows an athlete performing the long jump.

Figure 1

Identify **and** explain **two** external forces acting on the athlete in **Figure 1**.

[4 marks]

Explain **two** benefits of sponsorship to companies investing large amounts of money into sport.

[4 marks]

Goalkeepers in hockey need to respond quickly to the actions of the attacking players.

Analyse the factors which will affect a goalkeeper's response time **and** the strategies a coach can use to help them respond quicker.

[8 marks]