**Bridging the Gap: GCSE PE to A-Level PE**

**Introduction**

This bridging work is designed to support your transition from GCSE PE/CXC CSEC to A-Level PE. It will help you build on your existing knowledge and introduce key concepts you will explore in greater depth at A-Level. Complete all tasks to ensure you are well-prepared for the start of your A-Level course.

**Section 1: Understanding Key Concepts**

**1.1 The Musculoskeletal System**

**Task 1:** Label the major bones and muscles in the human body and describe their roles in movement.  
**Task 2:** Research and explain the different types of muscle contractions (isotonic concentric, isotonic eccentric, and isometric) with sporting examples.

**1.2 The Cardiovascular and Respiratory Systems**

**Task 3:** Outline the pathway of blood through the heart and lungs. Explain how the cardiovascular system adapts to long-term exercise.  
**Task 4:** Compare aerobic and anaerobic respiration, including the energy systems used in different sporting activities.

**1.3 Movement Analysis**

**Task 5:** Explain the three classes of levers and give examples of each in sport.  
**Task 6:** Research Newton’s Laws of Motion and apply them to a sport of your choice.

**Section 2: Psychological Aspects of Sport**

**2.1 Skill Classification & Learning Theories**

**Task 7:** Define the different types of skills (open/closed, gross/fine, discrete/continuous, etc.). Give a sporting example for each.  
**Task 8:** Research Bandura’s Social Learning Theory and Schmidt’s Schema Theory, summarising how each applies to skill acquisition.

**2.2 Motivation & Arousal**

**Task 9:** Compare intrinsic and extrinsic motivation and explain how they influence sports performance.  
**Task 10:** Research the Inverted-U Theory and Catastrophe Theory. Explain how they relate to optimal arousal levels in sport.

**Section 3: Sociocultural Influences & Sport Ethics**

**3.1 Participation in Sport**

**Task 11:** Research and summarise the key factors affecting participation in sport, such as gender, socio-economic status, and disability.  
**Task 12:** Compare the impact of commercialisation on sport at amateur and elite levels.

**3.2 Ethics & Deviance in Sport**

**Task 13:** Research and explain the impact of drug use in elite sport. Consider both the benefits and ethical concerns.  
**Task 14:** Explore the impact of technology on fair play in sport (e.g., VAR, Hawk-Eye, and performance analysis).

**Section 4: Applying Theory to Practical Performance**

**4.1 Performance Analysis & Training Principles**

**Task 15:** Conduct a self-analysis of your performance in a chosen sport. Identify strengths and areas for improvement.  
**Task 16:** Design a six-week training programme, applying the principles of training (FITT, overload, specificity, etc.).

**Final Reflection & Preparation for A-Level PE**

**Task 17:** Write a short reflection (200 words) on what you found most challenging in GCSE PE/ CXC CSEC and what you are most excited to learn at A-Level.  
**Task 18:** Research potential career pathways linked to A-Level PE and write a short summary of an area that interests you.

**Completion Deadline:** End of August

**Useful website link:** [**https://www.bbc.co.uk/bitesize/examspecs/zqfysg8**](https://www.bbc.co.uk/bitesize/examspecs/zqfysg8)

Good luck, and we look forward to seeing you in A-Level PE!