

## Year 11-12 Bridging Work Cover Sheet

**SUBJECT: Physical Education**

**DATE: Summer 2025**

**The aims of this Bridging work are:**

**Objective 1:** *To introduce students to new terminology that will support them in the delivery of the cardiovascular system at A Level in the first half-term.*

**Objective 2:** *To gain and understanding of the development of sport through history. Which students will refer to throughout the first term.*

**Objective 3:** *To gain a deeper understanding of the core and advanced skills required for their NEA.*

### **INSTRUCTIONS:**

**Part 1:** *This could include key command words used in essay questions or specific course-related terminology.*

- Create flashcards of the definitions in link below (pages 1-4)
- Complete the worksheet below recalling structures of the heart and pathway of blood.
- Leave blank spaces to fill in new terminology in first lesson back

Resources to use:

- AQA A Level PE specification (link: [Subject specific vocabulary](#) )
- Heart Retrieval Worksheet

**Part 2:**

- *Watch the YouTube video: [The Evolution of Football: From Early Origins to Modern Fame](#)*

- *Create a timeline depicting the key changes of the development of football. You can use the following headings to help structure your timeline:*

- **Ancient Civilizations and Early Ball Games**
- **Medieval Europe and Mob Football**
- **Development of Modern Football**
- **Global Spread and International Organization**
- **Iconic Moments and Growth of the Sport**
- **Today's Football**

*Your timeline should include key dates and the changes that occurred.*

- *Once you have completed your timeline, write a few bullet points or create a mind map on your thoughts*
  - What changes in society led to the changes in football?
  - Why did Football have to develop over time?
- *In our first lesson back, we will be discussing the timelines and the questions.*

#### *Resources*

<https://www.youtube.com/watch?v=Y5XAEFyDbSA>

#### **Part 3:**

- You will be given a short section of sporting performance to watch and write a timeline for showing the core and advanced skills for the performer you are allocated.
- In your first lesson back, you will talk through the clip and pause at various points to highlight how the performer is demonstrating the core and advanced skills.

## **Resources**

- AQA A Level PE Specification [A-level Physical Education Specification Specification for first teaching in 2016](#)
- Example of core skills below:

### **Netball**

Students will be assessed in their performance in the role of their choice across each area of assessment in the fully competitive context.

Area of assessment	Core skills	Advanced skills
Area of assessment 1 – Attacking skills	Passing – chest, bounce, shoulder, javelin, pivot. Receiving stationary and on the move – stopping, landing, footwork. Shooting (if appropriate) close range and stepping forward.	Passing – accurately over increased distance and often on the move. Receiving – whilst in the run and jumping – stopping, landing, footwork. Shooting (if appropriate) – long range, stepping back.
Area of assessment 2 – Defensive skills	Footwork. Marking a stationary player – blocking the pass/shot. Intercepting from standing. Rebounding (if appropriate).	Intercepting – whilst on the move. Rebounding (if appropriate).
Area of assessment 3 – Tactics and strategies	When to run, pass, level of successful passes. Pass/shoot decision making. Creating and finding space. Individual positional skills (attack and defence).	Positioning and effectiveness in set plays. Making themselves available for the ball.

- Example timeline table below:

Time	AA	Core Skill/Advanced Skill or tactic	Additional Comments
00:08	AA3	Core: defensive positioning	Tracking, limited options for second ball, staying in front
00:34	AA2	Core: marking a stationary player	Limited to a small distance overhead pass
00:40	AA2	Core: marking a stationary player	
00:52	AA3	Core: defensive positioning	Put pressure on the feed
02:26	AA3	Core: positioning	Remained at 3rd line for reset opportunity
02:44	AA2	Intercept	Picked up loose ball
02:45	AA1	Receive and pass	Overhead pass to avoid interception
03:12	AA3	Advanced: made myself available for the ball	
03:26	AA3	Core: Created space	Held back for C to

- Link to practical video will be emailed to you directly when you have decided on your practical assessment.

### **FOLLOW UP:**

Your bridging work will be assessed in the following way/s:

**Task 1** – Key vocab test in first week of term and a discussion of the structures of the heart with new A Level content covered.

**Task 2** – Group discussion on your research findings.

**Task 3** – You will present your sports timelines in the first lesson back.

## The Heart

