**St Mary’s Catholic School**

**Year 11 into Year 12 Bridging Work**

**Recommended Reading List for Year 12**

**Physical Education**

*To prepare you for your Sixth Form studies, the reading list below includes a variety of books, articles and other material to read and use, to broaden your knowledge, and to enrich your understanding of Physical Education.*

*Take some time over the summer to complete the reading below, using the tasks to help structure your reading.*

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| **Read / Watch / Listen** | **Link if this is available online** | **Tasks to complete** | **Any additional notes** |
| **Uni1 Exercise Physiology** | | | |
| **Watch:** Joints and Movements | <https://www.youtube.com/watch?v=otHNMOaXSns&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16> | Create a summary for each joint:  Name of joint, Type of joint, articulating bones and movements that occur. | You will need to be able to complete a movement analysis on the 6 main joints. |
| **Watch:** Joint Action and Muscles | <https://www.youtube.com/watch?v=2MOK3NrWTUE&list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16&index=2> | Create a summary for the muscles to explain the movements that occur. | -Link the muscle movements with the appropriate joints |
| **Read:** The Motor Unit and Muscle Action | <https://www.researchgate.net/publication/265230205_The_Motor_Unit_and_Muscle_Action> | Create a table to summarise the key components of each contraction type with a sporting example.  Draw a diagram of a motor unit and label all its parts.  Create a flow chart to explain the processes involved in a motor unit to create contraction . |  |
| **Unit 2 Sports Psychology** | | | |
| **Listen:** E1Sport psychology at elite level. | <https://www.lboro.ac.uk/departments/ssehs/experts-in-sport/> | Listen to the podcast and summarise the growing importance of psychology in sport. | An introduction to sport psychology and it’s growing importance on sports performance. |
| **Listen:** E16 Why the best players don’t make it. | <https://www.lboro.ac.uk/departments/ssehs/experts-in-sport/> | Listen to the podcast and identify the psychological reasons why athletes do not make the grade in their respective sports. | Insight into why some of the most physically talented athletes do not make the grade in elite sport. |
| **Read:** Sport and Exercise Psychology:  A Critical Introduction | <https://www.mobt3ath.com/uplode/book/book-67467.pdf> | Download a copy of the book using the link and read 2 the following 4 chapters highlighted on the right. You must have a rationale for choosing each chapter and be able to explain why you are interested in this area of sport psychology. | **Chapter 2**  Motivation and goal-setting in sport    **Chapter 3**  “Psyching up” and calming down: anxiety in sport  **Chapter 5**  Using imagination in sport: mental imagery  and mental practice in athletes  **Chapter 7:**  Exploring team cohesion in sport: a critical  perspective |
| **Unit 3 Socio-Cultural Issues** | | | |
| **Listen:** Sport Ethics – Performance Enhancement | <https://podcasts.google.com/feed/aHR0cHM6Ly90aGVzcG9ydHByb2Zlc3Nvci5wb2RiZWFuLmNvbS9mZWVkLnhtbA/episode/dGhlc3BvcnRwcm9mZXNzb3IucG9kYmVhbi5jb20vc3BvcnQtZXRoaWNzLXBlcmZvcm1hbmNlLWVuaGFuY2VtZW50LTIzMGI2NzYxOTg4NzIxNGFmZmYyOGIyMTc4MzRlMjA5?hl=en-GB&ved=2ahUKEwiTlfOpnrjqAhUcZxUIHbKaB7gQjrkEegQIAxAK&ep=6> | Make notes on the podcast which include reasons for use of performance enhancing drugs and the effects these have on the individual, team and sport as a whole.    How have performance enhancing drugs destroyed sport? | This topic will be covered in your A-Level course therefore an enhanced knowledge will put you in an excellent position. |
| **Listen:** Fair play – The women in sport show  02/07/20 | <https://www.bbc.co.uk/programmes/p08hbbnp/episodes/downloads> | Make notes on the podcast and discuss any inequalities linked to gender and sport. | Gender inequality falls into all categories within socio-cultural issues and you will learn how gender inequalities have changed over time. |
| **Watch:** Tom Brown’s school days 2005 film | <https://www.youtube.com/watch?v=s1MK7YEP-kY&has_verified=1> | Watch the film Tom Browns school days and highlight the following:   * Education for middle and upper class boys in the 1900s * Types of games played and reasons why * Discipline evident * Ways in which sport shaped the lives of the boys | The video clip allows you to discover the education system in the 1900s and how education was mainly available for boys. We will discover the impact of this in class. |
| **Listen:** Racism in British Sport – how do we change?  Sun 21 June 2020 | <https://www.bbc.co.uk/programmes/p02pc9r9/episodes/downloads> | Listen to the podcast and make notes on racism in sport – has this changed over time or is there still an issue now? Explain in detail your thoughts. | Current contemporary issues will be depicted in class – it is beneficial to have |