**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 imageryand mental practice in athletes**Chapter 7:**Exploring team cohesion in sport: a criticalperspective |
| **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 |