



CITY AND ISLINGTON SIXTH FORM COLLEGE

PHYSICAL EDUCATION

BRIDGING ASSIGNMENT (GCSE TO A LEVEL)



Task 1

Sporting performance is heavily influenced by what happens 'off the pitch'. Preparing athletes physically, recovery from injuries, psychological support and technological advances are just a few examples of how science is influencing sport and athletic performance.

For your summer project you must select **TWO** of the topics below and produce a 5 minute presentation on each. You should draw examples from multiple sports and give specific examples that support your argument.

Topic 1: Mind Vs. Matter

Athletes need to be physically and mentally prepared to perform at the highest level, but which is most important? For this presentation you must research physiological and psychological factors that affect performance and argue which you feel are the most important.

Topic 2: Is Technology Improving Sport?

Technology has been used for many years in the preparation of athletes but is becoming increasingly present during competitions, for example Hawkeye in tennis and VAR in football. For this presentation you must research how technology is being used in different sports, both in preparation and competition. You should also discuss whether you think the use of technology is fair and whether it is having a positive impact.

Topic 3: Opportunities in Sport

Are there equal opportunities to be successful in sport? For this presentation you should consider whether factors such as gender, race, socioeconomic background, disability or sexual orientation have an impact on the opportunities to be successful in sport. Use recent case studies and examples to support your presentation (for example the gender pay gap in different sports).

Task 2

We have set you an assignment on Seneca learning that you need to complete before September 2020. This is to revise and consolidate some of the work that you may have covered at GCSE. It will help you be ready for the A level content.

Many of you will have used Seneca learning for your GCSE work. Click on the following link:

<https://app.senecalearning.com/dashboard/join-class/h3gtb9h5go>

If you already have an account, you can join the class with the code:

h3gtb9h5go

Otherwise, you will be asked to create an account.

Or, you can scan the QR code below with your phone:



To join Raket's class: Y12 PE 20-21

1. Go to the website:
app.senecalearning.com/join-class
2. Sign up as a student
3. Type in the class code: **h3gtb9h5go**

Or scan the QR code with your phone

