

Year 13 Bridging Tasks



Physical Education

Please complete one line from the task list below. All Year 12 students must complete the middle task as part of their line:

<p>Cycling is being touted as an intervention being prescribed by doctors during the pandemic. Why might this be being 'prescribed' and what are the benefits of such an activity?</p>	<p>Describe the components of a lever system with reference to load, effort, fulcrum, effort arm, load arm.</p>	<p>The use of VAR as a new technology in football is an example of how the sport is trying to ensure fairer outcomes for the participating teams. What other examples of technology can you reference within sport and how to they ensure fairer outcomes for the teams/participants?</p>
<p>Making reference to the different forms of 'guidance' within sports coaching (verbal, visual, manual, mechanical), what are the advantages and disadvantages of using each type of guidance? Are there any that will now be impacted upon by government advice moving forwards and if so, what could be the impact of this on skill acquisition?</p>	<p>Many people have taken to exercising more or taking up exercise as part of their daily regime. Training is best carried out when using a 'training plan' (or taking part in 'periodisation cycles'). Explain what macrocycles, mesocycles and microcycles are as part of a training (periodisation) plan.</p>	<p>The element of rest that the pandemic has offered to partially injured or injured sports people has been of great benefit. What common treatments are used to treat the following?</p> <ul style="list-style-type: none"> - Fractures, - Joint injuries - Exercise induced muscle damage
<p>Nutrition has become a critical factor during the pandemic with many altering their eating habits. Sugars (or simple carbohydrates) have come under particular criticism. Why is this? What are the positive and negative impacts of an excess of sugar being consumed on both a sports person's health and performance?</p>	<p>Referring to any two of the factors below, explain how social and cultural factors have shaped the characteristics of, and participation in, sports and pastimes in pre-industrial Britain:</p> <ul style="list-style-type: none"> • social class • gender • law and order • education/literacy • availability of time • availability of money • type and availability of transport 	<p>Define each of the following aspects of angular motion, making reference to how you would calculate each aspect along with what the unit of measurement would be:</p> <ul style="list-style-type: none"> • moment of inertia • angular velocity • angular momentum