

A level Physical Education

Why do I need to complete a bridging activity?

The purpose of this activity is to aid your preparation for advanced level study and make the transition from GCSE study as smooth as possible. Some activities are written pieces of work, some are research-based and some are practical. They should be completed to the best of your ability and they will give you the opportunity to start to showcase your talent for your chosen subjects. As these are compulsory activities, it is vital that you put in the time and effort to ensure they are completed to the highest standard.

When should I hand this in?

You should complete this activity for the start of your first lesson in September.

How will I be given feedback?

Feedback appropriate to the task will be given to you by your teacher.

Summary of the activity

Practical based activity:

1. Watch a competitive sporting match of your choice. You may wish to choose a team or just an individual player. Create a 2 minute video to explain the strengths and weaknesses of the team or individual player's performance. Make suggestions how you feel your chosen team/player could improve in the future.

Student Name (to be completed by the student)