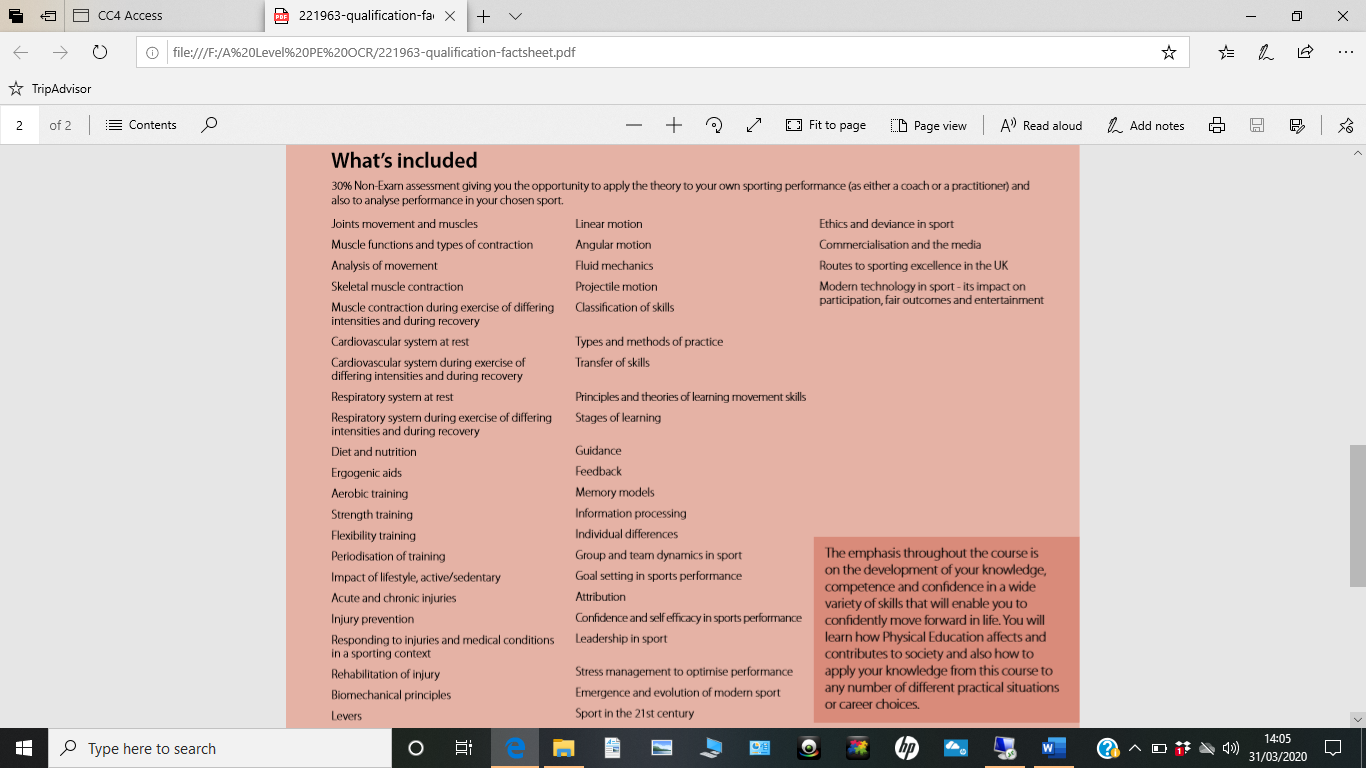
**A-Level PE ‘Bridging Challenge'**

Thank you for choosing A-Level PE and we know that you are going to really enjoy this course. The specification is varied, topical and very interesting and your studies will include:

We are going to be starting the course by looking at the ‘emergence and evolution of modern sport’, and ‘sports psychology: individual differences and group dynamics’.

Learning about the evolution of sport will allow you to understand how your favourite sports grew and developed; the changes to sports were often turbulent and controversial!

The sports psychology section gives you an improved insight into our mental approach to sport and will even help you improve your performances, by examining how you can reduce issues such as anxiety in the build-up to important fixtures or events.

Emergence and Evolution of Modern Sport

Sports such as football have witnessed significant changes in this country and globally in recent times. As the course progresses we will discover how businesses and media have transformed football into a truly global commodity. But how did football emerge into such a popular activity? Was it always played in the format we know it now? Let’s go back in time and uncover more about football’s often violent origins.

Watch the following clip on YouTube (from 15:20 to 38:05)

<https://www.youtube.com/watch?v=4bCGMVF78js&t=2709s>

Now watch the video about mob football

<https://www.youtube.com/watch?v=5uV1zrZFzZo>

Watch the videos again, if you have time, and comment on the following points:

1. I was most surprised that
2. I was most shocked by
3. I am most likely to remember
4. I might forget
5. I would like to know more about

Sport in pre-industrial and post-1850 industrial Britain was very different to what we experience now. Try and summarise the following key terms in 20 words or less:

* Mob football
* Class system/social class
* Pedestrianism
* Amateur
* Professional
* Public school
* Athleticism
* Real tennis
* Industrial revolution
* Blood sports
* Middle class

There is a very good dramatization of the origins of football in this country on Netflix, called ‘**The English Game’**. If you have access to Netflix you might want to watch the 6-part series as it provides some insight into the class struggles in football and how the influence of the public school-educated elite was at odds with the growing professionalism of the game at working class level.

Research the influence of public schools on sport in this country, particularly football and rugby. In less than 50 words, summarise how public schools helped to shape sport.

How did the growth of transport in this county impact the development of leagues and regular competition? Summarise your ideas in 50 words or less.

**Sport Psychology**

Our understanding of how our brains work in a sporting context is developing all the time; sports psychology is now an area of real growth in the sports industry. Many individual athletes and teams have their own sports psychologists to help them prepare for important competitions and even training sessions. How much do we currently know about sports psychology?

Watch this excellent clip from the outstanding journalist and former table tennis champion Matthew Syed

<https://www.youtube.com/watch?v=-AibWrCkYVk>

Write down 5 things you found interesting after watching the video:

1.

2.

3.

4.

5.

What 5 questions would you ask a sports psychologist if you had the opportunity to work with them for a week?

1.

2.

3.

4.

5.

To help with our knowledge of key terms that you will come across in this section of the course, find definitions for the following terms that are linked to sports psychology, and specifically individual differences:

1. Personality
2. Attitudes
3. Motivation
4. Arousal
5. Anxiety
6. Aggression
7. Social facilitation

There is a very famous quote:

“99% of sport is mental and the other 1% is in the head”

In 50 words or less, discuss what you think this means and if you agree with the statement or not

Watch the following clips. What could happen to the players in terms of levels of anxiety during the national anthems, ‘super over’ and the Haka?

What could be a problem in terms of controlling aggression for the players?

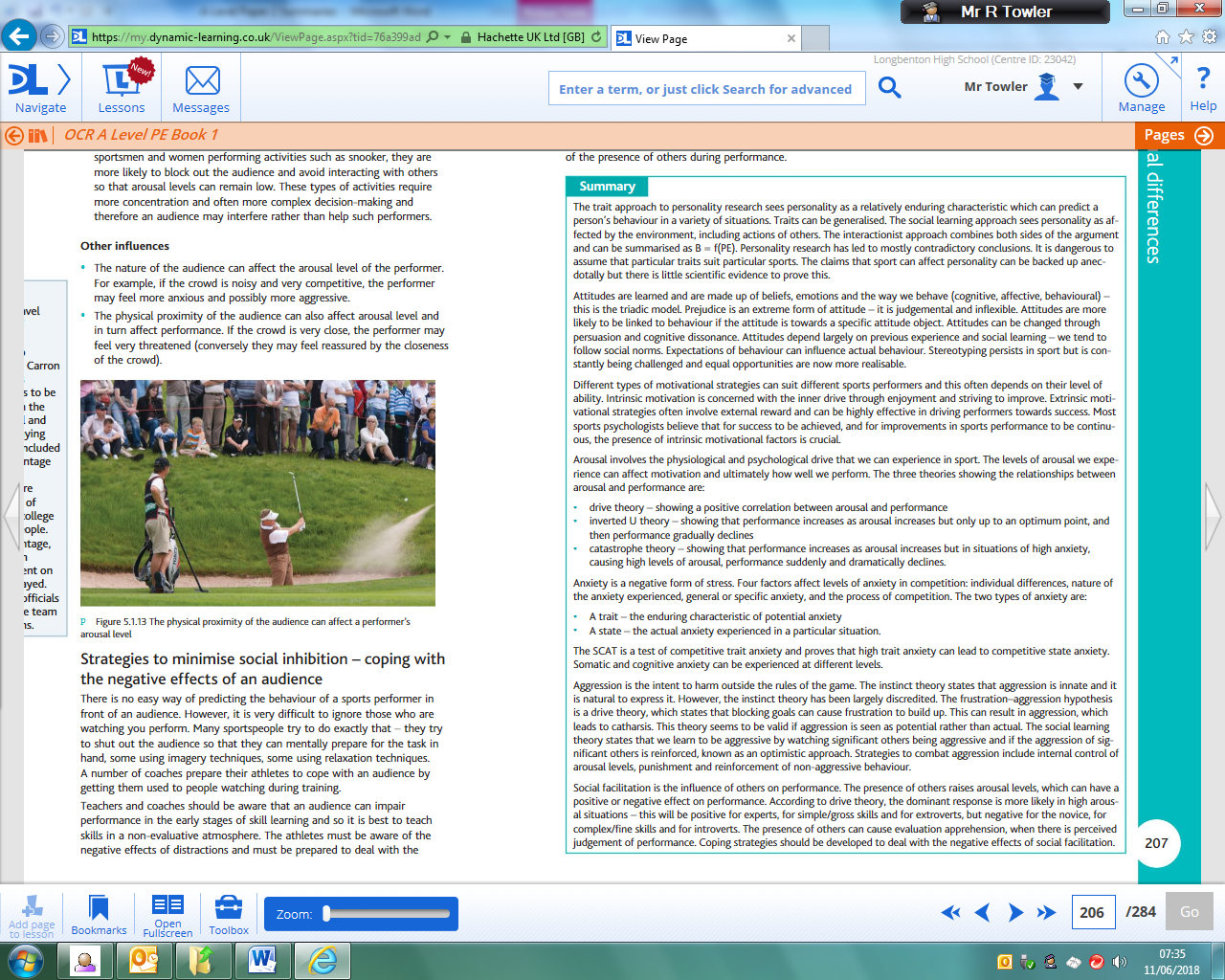
How would you respond to singing your national anthem in front of 80,000 people?

What role would a sports psychologist play in the situations below?

<https://www.youtube.com/watch?v=LgF8IVPeR48>

<https://www.youtube.com/watch?v=-nNJVv48OZM>

<https://www.youtube.com/watch?v=aVZHklqNGoo>



**Read through the summary on the previous page and then complete the following challenges:**

**Reduce**

* Reduce each paragraph to 12 words maximum
* Explain sports psychology in exactly 15 words

**Prioritise**

* Underline the three most important sentences on the summary sheet
* Rank 1-3. Briefly explain your choice for number 1
* Cross out the least important sentence on the summary
* Which piece of information on the summary sheet will be the most helpful with your own sporting performances? Explain your thinking.

**Transform**

* Change the information about sport psychology into four pictures or images
* No words allowed

**Literacy**

* Select 5 words you have never heard of before or don’t fully understand and provide definitions for each word

**Criticise**

* Suggest, in no more than 30 words, how too much focus on some of the elements covered in the summary might hinder performance

**Extend**

* Create a 10-mark exam-style question about one paragraph in the summary, that could feature in an exam. You don’t have to answer the question!

In this ‘bridging task’ we have already looked at some examples of sports psychology in a practical setting. One of the skills and expectations of A-Level courses is that you will spend some of your time away from lessons reading about the topics you have covered in class.

There have been a wide range of sports stars and teams who have benefitted from working alongside sports psychologists. This might be to help reduce anxiety, develop positive thoughts or to reduce levels of aggression.

Use the internet to research three different articles relating to sports psychology. The articles must be from three different sources and cover three different sports. Summarise your findings in the boxes below.

# Somatic anxiety

# Cognitive anxiety

# Social facilitation

# Frustration-aggression hypothesis

# SCAT

# Instinct theory

# Peak flow experience

# Aggressive cue hypothesis

# Aggression

# Trait anxiety

# Social inhibition

# Evaluation apprehension

# Competitive trait anxiety

# Assertion

# Catastrophe theory

**Dramatic**

**Drop**

**Somatic**

**Cognitive**

# Social learning theory

Look at the ‘key word’ cards above. Using the first card as a model, research the other terms on the different cards. Create a list of 4 words that help describe the key term in more detail.

1. Ask someone to hold the card so you can’t see it. The person holding the card says the key word on the top. How many of the words underneath the key word can you guess?
2. Ask someone to hold the card so you can’t see it. The person holding the card says all the words underneath the key word. Can you use this information to guess the key word?
3. Cut out all the cards. Can you put the cards into groups based on the sections of the specification they are from? Were there any words that you hadn’t heard of or you were unsure about?

**Metacognition: thinking about thinking**

Answer five of the challenges listed below:

How does today’s learning connect to what you already know?

The most difficult thing to understand was... because...

The main thing learned today was... An example of this is...

There are similarities between… and… because…

One thing that hasn’t yet been answered is why/how…

The most useful part of the lesson was… because…

Which parts of the topic did you find most interesting? Why?

If you were going to teach this topic to someone else, how would you do it?