

YEAR 11 INTO YEAR 12 BRIDGING PROJECT

A LEVEL PE

Below are a number of key terms/words that are essential for the first two modules that will be started in September. The task is:

1. Research each key term/word and find a simple definition that you understand. Write this out in your own words.
2. Then use a diagram or explanation or practical example to illustrate this term/word in the context of PE/sport to show you fully understand what it actually means.
3. Revise & learn your definition as this will be tested in September in your first lesson of the year with Miss Crompton (Anatomy & Physiology) and Mr Powell (Skill Acquisition).

Applied Anatomy and Physiology:

1. Anticipatory rise
2. Articulating bones
3. Arterio-venous oxygen difference (A-VO₂ diff)
4. Cardiac conduction system
5. Excess post-exercise oxygen consumption (EPOC)
6. Oxygen deficit
7. Plane
8. Receptors
9. VO₂ max

Skill Acquisition:

1. Learning
2. Transfer of learning
3. Reaction Time
4. Perception
5. Single channel hypothesis
6. Psychological refractory period
7. Constructivism