

# Nottingham Academy Sixth Form

Bridging the gap between Year 11  
and Sixth Form

Support and guidance in getting  
ready for your next steps in your  
chosen subject areas...





# Bridging the Gap: BIOLOGY

## Useful websites to use:

<https://www.sciencelearn.org.nz/embeds/12-which-microscope>  
<https://www.youtube.com/watch?v=3LIZBn7bS4s>  
<https://www.khanacademy.org/science/high-school-biology/hs-cells/hs-introduction-to-cells/a/microscopy>  
<https://www.stem.org.uk/big-picture/resource-collection>

## Useful links/articles to watch and read:

<https://www.citethisforme.com/harvard-referencing>  
<https://www.youtube.com/watch?v=8cHiJO5by8c>  
<https://www.ocr.org.uk/Images/171736-specification-accredited-a-level-gce-biology-a-h420.pdf>

## Useful things to research:

### Some research and tasks to compliment the modules of Year 1 in Biology A Level

Module 1: Harvard Referencing format

Module 2: Advantages and disadvantages of different types of microscopes

Module 3: Exchange surfaces – the need and features of specialist exchange surface

Module 4: Summarise random and non random types of sampling of biodiversity

## Some tasks to complete before September:

### Task 1 : Understanding Harvard Referencing.

One of the requirements of the Practical Endorsement is that learners demonstrate that they can correctly cite sources of information. Produce a 'made up' reference list to ensure you are competent on how to set it out – see link above to help.

### Task 2: Understanding microscopes and magnification

Q: Compare and contrast the magnification, resolution, function, advantages and disadvantages for compound, scanning electron, transmission electron and confocal laser scanning microscopes.

### Task 3: Understanding the need for specialised exchange surfaces

Q: Explain why single celled organisms can survive using diffusion alone?

### Task 4: Understanding biodiversity investigations

Plan an investigation to quantify species of biodiversity of; plants affected by change in altitude and on a slope.





# Bridging the Gap: BUSINESS



## Useful websites to use:

Summary Brochure – Level 3 Business

<https://www.ocr.org.uk/qualifications/cambridge-technicals/business/#level-3>

Units covered 1, 2, 4, 5 and 8.

## Useful links/ articles to watch and read:

Business Text Book

[Amazon link](#)

**Cambridge Technicals Level 3 Business Paperback – 30 Sept. 2016**

by [Tess Bayley](#) (Author), [Karen Tullett](#) (Author), [Leanna Oliver](#) (Author), [Dianne Wainwright](#) (Author)

## Useful things to research:

Why Study Business?

<https://www.hult.edu/blog/reasons-to-study-business/>  
<https://www.topuniversities.com/courses/business>

## Some tasks to complete before September:

First Unit is Customers and Communication

Choose a business and research how they interact with their customers

Website, Leaflets, newsletter, social media, face to face

<https://www.glion.edu/magazine/communication-skills-customer-service/>





# Bridging the Gap: CHEMISTRY



## Useful websites to use:

[www.creative-chemistry.co.uk](http://www.creative-chemistry.co.uk)

[www.chemguide.co.uk](http://www.chemguide.co.uk)

[www.bbc.co.uk/schools/cgsebitesize/chemistry](http://www.bbc.co.uk/schools/cgsebitesize/chemistry)

[www.rsc.co.uk](http://www.rsc.co.uk)

<https://phet.colorado.edu>

## Useful links/ articles to watch and read:

Try 'Head Start to A-Level Chemistry' (Buy online at: <https://www.cgpbooks.co.uk/>, only £4.95!).

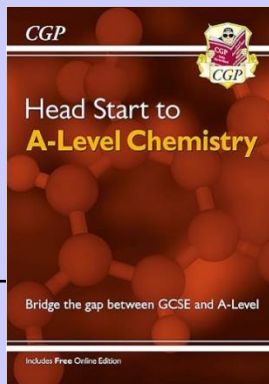
Subscribe to 'New Scientist' (magazine)

### **Worth a read:**

Hugh Aldersey-Williams: Periodic Tales: The Curious Lives of the Elements

Marty Jopson: The Science of Everyday Life: Why Teapots Dribble, Toast Burns and Light Bulbs Shine.

Sam Kean: The Disappearing Spoon.



## Useful things to research:

How to Harvard reference

Electronegative Atoms & Chemical Bonding

Stoichiometry & Mole Concept

Molecules Skeletal Representation Model

How to Conduct Chemical Experiment



## Some tasks to complete before September:

Y11 to Y12 Transition Booklet

Access the booklet [here](#)



# Bridging the Gap: CHILDCARE

## Useful websites to use:

- BTEC Level 3 Children's Play, Learning and Development
- Development Matters in the Early Years Foundation Stage (EYFS)
- [www.nurseryworld.magazine.co.uk](http://www.nurseryworld.magazine.co.uk)
- [www.ofsted.gov.uk](http://www.ofsted.gov.uk) – Ofsted: Information about EYFS Ofsted requirements
- [www.foundationyears.org.uk/eyfs-statutory-framework](http://www.foundationyears.org.uk/eyfs-statutory-framework) - EYFS documentation: information and guidance on using the EYFS

## Useful links/articles to watch and read:

Netflix: Babies  
 BBC1 iPlayer: Life and Birth  
 BBC iPlayer Call the Midwife  
 Secret Life of 4 and 5 Year Olds



Tassoni, P. (2012) Penny Tassoni's Practical EYFS Handbook, 2nd edition, Harlow: Pearson  
 Magazines: Mother and Baby; Nursery World  
 BTEC Nationals Children's Play, Learning and Development (Text book)  
 How Children Learn: From Montessori to Vygotsky - Educational Theories and Approaches Made Easy

## Useful things to research:

1. Types of play – child initiated/adult initiated
2. Physical development from birth to 7 years 11 months
3. Curriculum approaches to play:
  - ✓ Reggio Emilia
  - ✓ HighScope
  - ✓ Forest Schools
  - ✓ The New Zealand Te Whāriki
  - ✓ Montessori.
4. Theories of Attachment: Bowlby's theory of attachment; Ainsworth's and the 'Strange Situation'

## Some tasks to complete before September:

### Task 1:

Research the following curriculum approaches:

- ✓ Reggio Emilia
- ✓ HighScope

Identify two benefits of each approach.

What similarities are there between the HighScope approach and that of Reggio Emilia?

### Task 2:

Explain the difference between growth and development.

State three physical skills that a 9 month old baby has acquired.

Describe the key developmental differences between a baby at 3 months and a baby at 9 months



# Bridging the Gap: CRIMINOLOGY



## Useful websites to use:

<https://bit.ly/3bpDavn>

A chapter of a Criminology book covering the basics.

<https://bit.ly/34ZvT2U>

Sociological explanations of crime



## Useful links/articles to watch and read:

**TED Talk – Finger Prints**

<https://bit.ly/2Y1zRq5>

**TED Talk – How reliable is your memory?**

<https://bit.ly/2VAmgEw>

**Netflix: Amanda Knox**

**Netflix: Conversations with a Killer – The Ted Bundy Tapes**

## Useful things to research:

Crime  
Deviance  
Types of Crime  
Criminal Justice System  
Crown Prosecution System  
Roles in Court  
Types of Court

## Some tasks to complete before September:

Create fact files on key criminal cases:



Stephen Lawrence

Damilola Taylor

Amanda Knox

Barry George

Harold Shipman



Email [ismikle@nottinghamacademy.org](mailto:ismikle@nottinghamacademy.org) for  
further tasks

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# Bridging the Gap: ENGLISH LITERATURE

## Useful websites to use:

Seneca Learning Revision: A-Level Literature

<https://podcasts.apple.com/us/podcast/revise-a-level-english-lit-revision/id1460402605?ign-mpt=uo%3D4>

<https://literaryterms.net/glossary-of-literary-terms/>

## Useful links/articles to watch and read:

<https://www.folger.edu/shakespeare-unlimited/why-shakespeare-stories-still-resonate>

### How and Why We Read:

<https://www.youtube.com/watch?v=MSYw502dJNY>

### The Power of Fiction:

[https://www.ted.com/playlists/346/the\\_power\\_of\\_fiction\\_1](https://www.ted.com/playlists/346/the_power_of_fiction_1)



## Useful things to research:

Literature through the ages: how has love been presented throughout the ages (as far back as you can find)?

Narrative theory:

<https://www.youtube.com/watch?v=mlZNGkM07mY>

<https://www.youtube.com/watch?v=OwT-irY4LM>

Literary value and the canon:

<https://www.youtube.com/watch?v=hXLm3zZYhc0>

<https://www.youtube.com/watch?v=MSYw502dJNY>

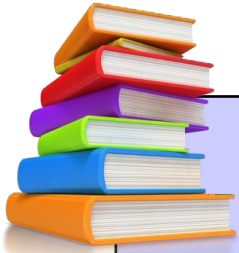
<https://www.youtube.com/watch?v=GHq-tRWauj4>



## Some tasks to complete before September:

1. Take notes of any ideas or techniques that the writer used that interested you.
2. Write a critical review of the text. Here is an example, a review of The Handmaid's Tale in The Guardian:  
<https://www.theguardian.com/books/2010/sep/26/the-handmaids-tale-margaretatwood>
3. Do a piece of creative writing inspired by the text – this should in some way mimic the style of writing of the author – and write a commentary on how you have achieved this.
4. Read a critical view of the text that you have chosen. 5. Create a short presentation (3–5 minutes), that you can deliver to your class and/or teacher, on the text which covers the basic ideas of the text but also considers it critically.





# Bridging the Gap: ENGLISH LITERATURE

## A fiction reading list

**If you're looking for a challenging text to get into or just don't really know where to start, have a look at the following novels. Find a summary and see if it interests you.**

Chinua Achebe: Things Fall Apart  
Chimimanda Ngozi Adichie: Half of a Yellow Sun  
Naomi Alderman: The Power  
Margaret Atwood: The Year of the Flood  
Jane Austen: Pride and Prejudice  
Pat Barker: Regeneration  
Iain Banks: The Wasp Factory  
Anthony Burgess: A Clockwork Orange  
Angela Carter: The Bloody Chamber  
Paulo Coelho: The Alchemist  
Philip K Dick: Do Androids Dream of Electric Sheep  
Bret Easton Ellis: American Psycho  
Zora Neal Hurston: Their Eyes Were Watching God  
Guy Gunaratne: In Our Mad Furious City  
William Golding: The Lord of the Flies  
J.D. Salinger: The Catcher in the Rye  
Nathaniel Hawthorne: The Scarlett Letter  
Khaled Hosseini: A Thousand Splendid Suns  
Aldous Huxley: Brave New World  
Kazuo Ishiguro: Never Let Me Go  
Madeline Miller: Circe  
Tony Morrison: Beloved



George Orwell: 1984  
Sylvia Plath: The Bell Jar  
Jean Rhys: Wide Sargasso Sea  
Arundhati Roy: The God of Small Things  
Jean Rhys: Wide Sargasso Sea  
Lionel Shriver: We Need to Talk About Kevin  
Zadie Smith: White Teeth  
Bram Stoker: Dracula  
Oscar Wilde: The Picture of Dorian Gray  
Jeanette Winterson: Oranges are not the Only Fruit  
Marcus Zusak: The Book Thief

## Books you will read on the course.

**You might want to read these or other texts by the same author.**

Scott. F. Fitzgerald: The Great Gatsby  
Alice Walker: The Color Purple  
Carol Ann Duffy: The Feminine Gospels  
AQA Poetry Anthology: Love Through The Ages  
Tennessee Williams: Cat on a Hot Tin Roof

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# Bridging the Gap: HEALTH AND SOCIAL CARE

## Useful websites to use:

World Health Organisation (WHO)  
 The NHS Website  
 OCR Cambridge technical in Health and Social Care  
[www.diabetes.org.uk](http://www.diabetes.org.uk)  
[www.bhf.org.uk](http://www.bhf.org.uk) (heart)  
 Change 4 Life

## Useful links/articles to watch and read:

The Cure, Channel 4 – Stafford Hospital  
 Panorama: Undercover Care -Winterbourne View  
 Elizabeth is Missing (BBC iPlayer)  
 Still Alice (DVD)  
 Miss you Already (Netflix)

### Further Reading:

Story of Baby P by Ray Jones  
 The Fault in Our Stars by John Green  
 Pig Heart Boy by Malorie Blackman  
 Nursing Times magazine



## Useful things to research:

1. Role of the Quality Care Commission
2. Legislation such as:
  - The Care Act 2014
  - Children and Families Act 2014
  - Food Safety Act 1990
  - Civil Contingencies Act 2004
3. Theories of communication:
  - Argyle's communication cycle
  - Tuckman's stages of group interaction

## Some tasks to complete before September:

- Research and produce an information booklet on the following support networks:
- Mind
  - Age UK
  - Headway
  - Empower Me
- Research concepts of equality, diversity and rights and write one side of A4 outlining:
- Definition of each concept and how they are applied in the context of health, social care and child care environment





# Bridging the Gap: HISTORY – Germany (1918-1945)

## Useful websites to use:

<https://www.activehistory.org/>  
[http://www.bbc.co.uk/history/worldwars/wwtwo/hitler\\_01.shtml](http://www.bbc.co.uk/history/worldwars/wwtwo/hitler_01.shtml)  
<https://spartacus-educational.com/GERnazigermany.htm>  
<https://www.history.com/topics/germany/weimar-republic>  
<https://www.historylearningsite.co.uk/nazi-germany/>  
<https://www.annefrank.org/en/anne-frank/go-in-depth/germany-1933-democracy-dictatorship/>  
<https://www.historylearningsite.co.uk/nazi-germany/>

## Useful links/articles to watch and read:

### Films to watch:

- Schindler's List
- The Pianist
- Valkyrie
- Sophie Scholl
- Downfall

### Books to read:

- Anne Frank's Diary
- The Book Thief by Markus Zusak
- The Reader by Bernhard Schlink



## Useful things to research:

Treaty of Versailles 1919  
 The Weimar Republic  
 Gustav Stresemann  
 Great Depression  
 Hitler's rise to power  
 Life in Nazi Germany

## Some tasks to complete before September:

Create a profile on:  
 Friedrich Ebert  
 Gustav Stresemann  
 Paul Von Hindenburg  
 Adolf Hitler





# Bridging the Gap: HISTORY - The Tudors: Henry VII

## Useful websites to use:

<https://www.tudorhistory.org/>  
<https://englishhistory.net/tudor/>  
<https://www.bbc.co.uk/teach/how-the-tudor-dynasty-shaped-modern-britain/zrhdbdm>  
[https://www.britainexpress.com/History/Tudor\\_index.htm](https://www.britainexpress.com/History/Tudor_index.htm)  
<http://www.tudorbritain.org/>  
<http://www.tudorplace.com.ar/>

## Useful links/articles to watch and read:

### To watch:

Henry VIII - Mind of A Tyrant (by David Starkey, in 4 parts on dailymotion.com)

Monarchy (a Channel 4 TV series) Season 2, episode 1 ("The Crown Imperial") on dailymotion.com in 5 parts

### To read:

<https://www.britannica.com/biography/Henry-VII-king-of-England>

[https://www.historytoday.com/archive/british\\_english\\_monarchs/henry-vii](https://www.historytoday.com/archive/british_english_monarchs/henry-vii) (a range of good articles on Henry VII)

## Useful things to research:

- Henry VII's reign (1485-1509)
- Richard III and the Princes in the Tower
- The Battle of Bosworth, 1485
- Henry VII and Rebellions
- Henry VII and relationship with Spain, Scotland, France and the Habsburgs



## Some tasks to complete before September:

### Create a profile on:

Henry VII

Richard III

Elizabeth of York (Henry's wife)

Henry VIII



# Bridging the Gap: ICT

## Useful websites to use:

<http://www.teach-ict.com/asa2home.htm>

<https://www.techradar.com/uk>

<https://www.codecademy.com/>

<https://codeburst.io/how-to-make-a-collapsible-menu-using-only-css-a1cd805b1390>

<https://helpx.adobe.com/uk/dreamweaver/how-to/create-responsive-navigation-menu.html>

<https://www.knowitallninja.com/> - a website for L3 BTEC. Especially useful for Unit 1. Students can sign up and take the online tests and revise.

<https://blog.hootsuite.com/social-media-for-business/> - useful for Unit 3 Social Media.

## Useful links/articles to watch and read:

Various news articles:

<https://techcrunch.com/>

Articles on:

Networks, Protocols, Hardware, Cabling, Topology, Software

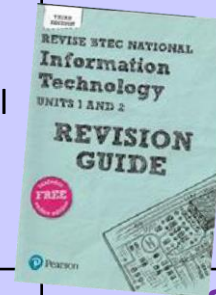
<https://fcit.usf.edu/network/chap1/chap1.htm>

YouTube Video's:

<https://youtu.be/cNwEVYkx2Kk>

<https://youtu.be/Ud8UeNgdaz4>

Revision Guide: Information Technology Unit 1 & 2



## Useful things to research:

HTML Coding

Relational Databases

IT Networks and Network Topology

9 Awesome YouTube Accounts for Tech Enthusiasts

<https://www.grammarly.com/blog/youtube-accounts-for-tech-enthusiasts/>

The benefits and limitations of different social media platforms

## Some tasks to complete before September:

Sign up to: Sololearn.

You may access the material through apps on your phone or use the following website on your PC: <https://www.sololearn.com>

Work your way through materials on HTML.

Work through the revision materials for Unit 1 Technology Systems: <https://www.knowitallninja.com/courses/information-technology-systems/>

Work through the revision materials for Unit 2 - Creating Systems to manage information. <https://www.knowitallninja.com/courses/creating-systems-to-manage-information/>



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# Bridging the Gap: MATHS



## Useful websites to use:

[www.mathsgenie.co.uk](http://www.mathsgenie.co.uk)

[www.corbettmaths.com](http://www.corbettmaths.com)

<http://m4ths.com/gcse-to-a-level-bridge.html>

[http://mathsdontpanic.co.uk/AS\\_A2/Bridging\\_the\\_Gap](http://mathsdontpanic.co.uk/AS_A2/Bridging_the_Gap)



## Useful links/articles to watch and read:



For A level maths you will need the Casio Classwiz Calculator Fx-991ex. It would be useful to watch YouTube videos on how to use this calculator to its full potential.

[www.examsolutions.net](http://www.examsolutions.net) is another great resource for watching videos on how to answer GCSE and AS style maths questions.

## Useful things to research and practice:

Solving Quadratics  
Sketching different types of graphs  
Laws of Indices  
Surds  
Simultaneous Equations  
Speed, Distance, Time Graphs  
Techniques of Displaying Data

## Some tasks to complete before September:

[www.mathsgenie.co.uk](http://www.mathsgenie.co.uk) is great for practising the topics shown on the left.

If you click GCSE revision and scroll down to Grade8/9 there are lots of practise questions, with the answers included for independent learning.





# Bridging the Gap: PHOTOGRAPHY and ART

## Useful websites to use:

[www.creativelive.com](http://www.creativelive.com) – How to use a camera in the dark.

[www.slrphotographyguide.com](http://www.slrphotographyguide.com) – How to photograph moving objects?

[www.wikihow.com](http://www.wikihow.com) – how to blend Acrylic paint

[www.myblueprint.com](http://www.myblueprint.com) – 4 watercolour pencils techniques that will change your art game

[www.mymodernmet.com](http://www.mymodernmet.com) – 5 tips for creating the perfect portfolio

<https://challengenottingham.co.uk/activities-for-children/f/creative-activities>

<https://www.visit-nottinghamshire.co.uk/nottgoingout/educational-resources>

Left Lion – April online issue:

<https://www.leftlion.co.uk/magazine/2020/april/leftlion-magazine-124/>

## Useful things to research:

How to improve your annotation skills

How to create ideas in art and photography

How to use mixed medias in art

How to create an effective collage piece

How to improve your technical abilities

Improve how you research an artist or photography by checking their websites and not just using basic info on the web.

## Useful links/articles to watch and read:

How to use photoshop for beginners

<https://www.youtube.com/watch?v=pFyOznL9UvA>

How to creatively blend two images in Photoshop

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

19 AMAZING Photoshop Tips, Tricks, and Hacks

<https://www.youtube.com/watch?v=38wy9PvUml4>

Blend multiple images in Photoshop

[https://www.youtube.com/watch?v=Pr2jx62\\_k-g](https://www.youtube.com/watch?v=Pr2jx62_k-g)

How to Remove ANYTHING from a Photo in Photoshop

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

Watch Portrait Artist of the Year as it shows different ways of work (excellent series)

## Some tasks to complete before September:

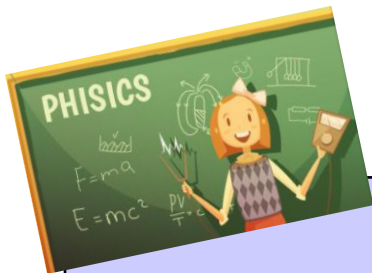
Work on Photoshop skills if you have the programme or use Pixel online. Take images of themes you are interested in, for example, people, objects, detail, texture?

Work on your technical abilities – how to paint, using the camera and observational drawing.





# Bridging the Gap: PHYSICS



## Useful websites to use:

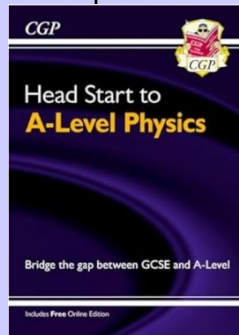
<https://spark.iop.org/teaching-advanced-physics#gref>

<https://www.revisely.com/>

<https://phet.colorado.edu>

<https://www.physicsandmathstutor.com/>

<https://www.alevelphysicsonline.com/>



## Useful links/ articles to watch and read:

Try 'Head Start to A-Level Physics' (Buy online at: <https://www.cgpbooks.co.uk/>, only £5.99!).

Subscribe to 'New Scientist' (magazine)

### Worth a read:

John Gribbin: In Search of Schrodinger's Cat

Brian Cox: Wonders of the Solar System

Chad Orzel: "How to Teach Quantum Physics to your Dog"

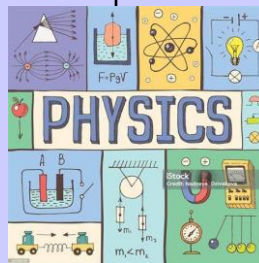
## Useful things to research:

How to Harvard reference

Different types of errors

How to calculate absolute and percentage uncertainty

How to present data scientifically



## Some tasks to complete before September:

Y11 to Y12 Transition Booklet

Access the booklet [here](#)

# Bridging the Gap: PSYCHOLOGY



## Useful websites to use:

[www.simplypsychology.org](http://www.simplypsychology.org)

Lots of useful material, easy to navigate.

[www.tutor2u.net/psychology](http://www.tutor2u.net/psychology)

This website has great content, but difficult to navigate. Click reference library, select Study Notes, A Level and AQA from the filters.

## Useful links/articles to watch and read:



TED Talk – 9 Psychology Myths

<https://bit.ly/2KEahzC>



Netflix: Babies

Podcast: **Psych Crunch** - From the British Psychological Society's

<https://digest.bps.org.uk/podcast/>

## Useful things to research:

### Attachment

What is an attachment and what are the different types of attachment?

### Memory

What is the multi-store model of memory? What are some case studies that support this theory?

### Social Influence

What is Zimbardo's classic study into conformity? What was wrong with it?

## Some tasks to complete before September:

The first Topic that we do in sixth form is **Approaches** - this gives a really good understanding of the different perspectives in psychology.

Complete a presentation for the different approaches, with the outline of the approach then the strengths (including any applications) and weaknesses of the approach.

The approaches that we will cover are:

Behaviourist Approach

Biological Approach

Cognitive Approach

Psychodynamic Approach (Freud)

Humanistic Approach

A good starting point is:

<https://www.simplypsychology.org/perspective.html>

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# Bridging the Gap: SOCIOLOGY

## Useful websites to use:

[www.educationforum.co.uk/sociology\\_2/onlinesochohome.htm](http://www.educationforum.co.uk/sociology_2/onlinesochohome.htm)  
[www.sociology.org.uk](http://www.sociology.org.uk)

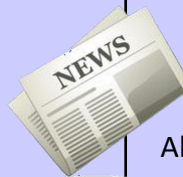
S-Cool Revision site:

[http://www.s-cool.co.uk/topic\\_index.asp?subject\\_id=64](http://www.s-cool.co.uk/topic_index.asp?subject_id=64)

Sociology Central: <http://www.sociology.org.uk/>

National Statistics: <http://www.statistics.gov.uk/glance/>

Sociology Resources <http://www.ruthssociology.com/>



## Useful links/articles to watch and read:

Almost all television programmes have sociological value. From soaps & Big Brother to current affairs and documentaries. Ones to look out for include:

Panorama (BBC1); Channel 4 News; Cutting Edge (C4); Have I Got News For You

Magazines/journals Key magazines would include:

Sociology Review; New Internationalist; The New Statesmen; The Economist

All newspapers are valuable resources for students. A number of key newspapers have sociologists writing articles, and cover stories in a very sociological in-depth way. Key newspapers include: The Guardian (On Tuesday there is an 'Education' supplement, and on Wednesday there is a 'Society' supplement); The Independent.

## Useful things to research:

### Family

What is a family and what are the different family types? Do males and females have separate roles in the family?

### Education

Why do we need education? Would I achieve the same academic grades if I lived in a different part of Nottingham, or the UK or around the world?

## Some tasks to complete before September:

### Watch the C4 documentary '21 kids and counting':

<https://www.channel4.com/programmes/21-kids-and-counting>.

Write a sociological review of this programme, including:

What is unusual/surprising about the Radford family? Are they what you expected? Why/why not? What can we learn from them about family life in modern Britain? What pressures do the family face and how do they manage these? Is this a 'functional' family, where everything works smoothly for the benefit of the whole, or a 'dysfunctional family'? Explain your view.

### Read this article on 'The Lost Boys':

<https://www.newstatesman.com/politics/education/2016/09/lost-boys-how-white-working-class-got-left-behind> and create a table of all the reasons why white working class boys are failing at school. One column should be headed 'factors inside school' (e.g. interactions with teachers, peer group etc) and the other 'factors outside school' (e.g. poverty at home, wider community)



# Bridging the Gap: SPORT AND PE



## Useful websites to use:

Teach pe:  
<https://www.teachpe.com/>

A Level PE:  
<https://ashpe.weebly.com/>



## Useful links/articles to watch and read:

**TED Talk:**  
<https://www.ted.com/talks?topics%5B%5D=sports>

**Science for sport:**  
<https://www.scienceforsport.com/articles/>

**Australian Institute of sport fact sheets:**  
<https://ais.gov.au/nutrition>

## Useful things to research:

Use the OCR website to research course content for each of the courses we deliver at 6<sup>th</sup> Form:

<https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/>

<https://www.ocr.org.uk/qualifications/cambridge-technical/sport-and-physical-activity/>

## Some tasks to complete before September:

Use the teach pe and A Level PE websites to become familiar with the following topics:

**Sports coaching**  
**Anatomy and physiology**  
**Sport psychology**  
**Fitness training**  
**Biomechanics**

