

A-level PE bridging work

Task

For a sport of your choice produce a

PowerPoint presentation to explain which practice methods you would use and why.



Hints and tips

1. **Pick 2 or 3 skills** and focus on these. Each skill might use a different practice method.
2. Start by explaining **how you would classify the skill** e.g. open / closed, high organization / low organization.
3. Which practice type would suit the skill (s)
4. **Why that practice method** e.g. a pass in netball should be taught using varied practice. Because you need to adapt the skill into different situations. For example the opponents around you, the speed at which you perform it, the type of pass, how far away your team mate is etc.

