

Hi prospective A-level PE student

I hope this finds you well.

Your first batch of bridging work is on 'Diet' and a 'Skill acquisition'.

There are 3 tasks on each topic.

The work should be straight forward and builds upon GCSE PE knowledge, but will require you to do some revision/ research.

Aim to complete a task a week. This should keep you busy for six weeks!

If you need additional guidance:

Diet: [mharding@thomasmills.suffolk.sch.uk](mailto:mharding@thomasmills.suffolk.sch.uk)

Skill acquisition: [koldman@thomasmills.suffol.sch.uk](mailto:koldman@thomasmills.suffol.sch.uk)

All the best,

Mr Harding