



PE A Level

Awarding Body: AQA the course followed is **GCE Physical Education**

Why choose Physical Education?

Physical Education is a most versatile subject that combines well with a variety of other subjects. This specification builds on the student's previous experience to enhance their knowledge and increase their understanding of the factors that affect performance and participation in physical education. The qualification looks to equip students with whole life skills and knowledge required for higher education and the world of work.

The specification offers students the opportunity to experience and develop an interest in a variety of roles in sport such as performer, official and/or leader/coach at Year 12 and then be able to specialise in one at Year 13. The content of the course will address current contemporary topics in sport such as the impact in the use of ergogenic aids, technology and increasing commercialisation of sport. It must be emphasised that a GCSE in Physical Education is not a requirement for students wishing to follow this course.

Specification

This qualification is linear. Linear means that students will sit all their exams and submit all their non-exam assessment at the end of the course.

Subject content

1. Applied anatomy and physiology
2. Skill acquisition
3. Sport and society
4. Exercise physiology
5. Biomechanical movement
6. Sport psychology
7. Sport and society and the role of technology in physical activity and sport

Assessment

Paper 1: Factors affecting participation in physical activity and sport	Paper 2: Factors affecting optimal performance in physical activity and sport	Non-exam assessment: Practical performance in physical activity and sport
<u>What's assessed</u> Section A: Applied anatomy and physiology Section B: Skill acquisition Section C: Sport and society	<u>What's assessed</u> Section A: Exercise physiology and biomechanics Section B: Sport psychology Section C: Sport and society and technology in sport	<u>What's assessed</u> Students assessed as a performer or coach in the full sided version of one activity. Plus: written/verbal analysis of performance.
<u>How it's assessed</u> <ul style="list-style-type: none"> • Written exam: 2 hours • 105 marks • 35 % of A-level 	<u>How it's assessed</u> <ul style="list-style-type: none"> • Written exam: 2 hours • 105 marks • 35 % of A-level 	<u>How it's assessed</u> <ul style="list-style-type: none"> • Internal assessment, external moderation • 90 marks • 30 % of A-level
<u>Questions</u> <ul style="list-style-type: none"> • Section A: multiple choice, short answer and extended writing (35 marks) • Section B: multiple choice, short answer and extended writing (35 marks) • Section C: multiple choice, short answer and extended writing (35 marks) 	<u>Questions</u> <ul style="list-style-type: none"> • Section A: multiple choice, short answer and extended writing (35 marks) • Section B: multiple choice, short answer and extended writing (35 marks) • Section C: multiple choice, short answer and extended writing (35 marks) 	

Finally

Physical Education helps prepare young individuals to lead a healthy, active lifestyle. It helps to instil positive values and it is not only about your physical fitness or your physical structure, it is about your mental development in all aspects of your life. For example psychologically, your social behaviour and how you deal with situations which occur in your life. Many students have found that by undertaking Physical Education they are not only improving their interpersonal skills with those around them but are also increasing their own levels of motivation and pride in what they do.

If you have any further questions regarding the A Level please contact Mr Robert Cook, Assistant Director of Sport or if you have any further questions regarding the Sports Programme please contact Mr Toby Wilson, Director of Sport.