

A-level PE

Big ideas

The aims and objectives of this qualification are to enable students to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

Key topics

Component 1 is aimed at the students developing knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.

- Structure and functions of the musculo-skeletal system
- Cardio-respiratory system and Cardiovascular systems
- Neuro-muscular system
- Energy systems: fatigue and recovery
- Diet and nutrition and their effect on physical and practical performance
- Training methods in relation to improving performance
- Injury prevention and rehabilitation
- Linear, angular, projectile motion

Component 2 assesses students' knowledge and understanding of the factors underpinning participation and performance in physical activity and sport. Students will develop their theoretical knowledge and understanding of the contribution that physical activity and sport make to health, fitness and well-being and how these can impact on their own performance.

- Classification and transfer of skills, learning theories.
- Practices, guidance, feedback, memory models
- Psychological factors that influence and individual

- Group dynamics, goal setting, leadership
- Attribution theory, confidence and self-efficacy
- Globalisation and Commercialisation, the role of the media in sport
- Participation and talent identification through to elite performance.

The students will need to undertake 1 practical sport which it is highly recommended that they play outside of school. There is a set list of activities/sports to choose from. They will be moderated externally by the exam board.

The final component is course work which the students will undertake at the end of year 12 and at the start of year 13. This is a 3500 word document that has four key sections. It is primarily based on analysing their own performance and evaluating both technically and physically how they could improve in their chosen sport. It is presented in a written format and produced in controlled assessment conditions.

There is an opportunity in year 12 to visit a University with sporting excellence where they will experience a day in the sports science department.

How will I learn?

Lesson time is dedicated solely to the theoretical work and is classroom based. A number of the theory concepts are taught through practical work in the sports hall and away from a classroom environment. The students will have a different exercise book for component 1 and 2 and an assessment folder. They will undertake assessments each half term to gauge their level of performance and receive feedback. A large majority of component 1 and 2 are taught in the first year and coursework, practical components and exam preparation are prioritised in year 2.

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How will I be assessed?

Students will undertake regular half-termly assessments that will be peer and teacher marked, DIRT lessons will be used to follow up and provide feedback. Some of the theoretical work will be taught in a practical environment. Support is provided for component 3 and how to improve practical performance. The written course work is completed in class time under supervision.

There are two written examination papers:

Component 1: Scientific Principles of Physical Education (applied anatomy and physiology, exercise physiology and applied movement analysis, Biomechanics) – 2 hours and 30 minutes examination. **40% of the qualification.**

Component 2: Psychological and Social Principles of Physical Education (Skill acquisition, Sport psychology, Sport and society) – 2 hour examination. **30% of the qualification.**

Short answers and extended writing questions.

Component 3: Practical performance – internally marked and externally moderated. Skills performed in one physical activity as a player/performer from a set list. **15% of the qualification.**

Component 4: Performance Analysis and Performance Development Programme. This is a written piece of course work that is internally marked and externally moderated. **15% of the qualification.**