Physical Education

Exam Board: AQA

At AS, this specification will develop knowledge and skills to help understand the opportunities for and effects of leading a healthy and active lifestyle. Candidates will be given the opportunity to build on their experiences and improve their personal skills/techniques across a variety of roles in a sport of their choice to improve performance.

The AS specification has 2 units:

Unit 1 – Theory

Unit 1: Opportunities for and the effects of leading a healthy and active lifestyle

Topic List

- The physiological effects of adopting a healthy lifestyle
- The short term effects of exercise/performance and the long term effects of training
- Analysis of movement across a range of sporting actions
- Acquisition of skills and the impact of psychological factors on performance
- Opportunities for physical activity, benefits to the individual and society and the potential barriers faced by minority groups

Assessment

Written Paper: 2 hours
Weighting: 60% of total AS Level marks
30% A Level marks

Unit 2 – Practical

Unit 2: Analysis and evaluation of physical activity as performer and/or in an adopted role/s

Topic List

- Execution of skills/techniques in two roles (performer, official/referee/umpire/judge or leader/coach) in a chosen physical activity
- Analysis of own performance
- Application of theoretical knowledge to achieve effective performance

Assessment

Internal assessment with external moderation: 100 marks

Weighting: 40% of total A/S Level marks
20% of A Level marks

Candidates are assessed on their ability to perform, analyse and evaluate the execution of core skills/techniques in isolation and a structured practice as either: a player/performer and in an adopted role or in two adopted roles.
**A2 Outline**

At A2, the specification enables candidates to further develop their understanding of key philosophical concepts, themes, texts and techniques. Candidates will be given the opportunity to specialise further, selecting two themes to study in depth and focusing on philosophical problems through the study of a key text. Problem areas relate directly to other areas of the specification and candidates will be able to draw on, develop and apply material from both the AS and A2 modules.

The A2 specification has 2 units:

**Unit 3: Optimising performance and evaluating contemporary issues within sport**

**Topic List**

- Energy sources and systems
- Elite preparation and training
- Specialised training and sports injuries
- The use of psychological theories and techniques to optimise performance
- Concepts and characteristics of World Games and their impact on the state and individual
- Development and impact of sports technology on performer, equipment and facilities
- The development of sport from rational recreation to its modern day format

**Assessment**

- **Written Paper:** 2 hours (84 marks)
- **Weighting:** 30% of total A Level marks

**Unit 4: Optimising practical performance in a competitive situation**

**Topic List**

- Optimising performance in competitive or performance conditions in one role
- Evaluation of own performance in identifying weaknesses
- Suggesting cause of own weakness and an appropriate corrective measure

**Assessment**

- **Internal assessment with external moderation:** 120 marks
- **Weighting:** 20% of total A Level marks

Candidates are assessed on their ability to perform, analyse and evaluate their own performance of the core skills/techniques in a competitive situation as either a player/performer or in an adopted role.

Then using their knowledge and understanding identify their weakness; suggest the causes of these weaknesses and appropriate corrective measures.

AQA’s assessment structure has been designed to achieve a balance between rigour, reliability and demands on candidates.
Summary of Assessment

AS Level

Unit 1 = Exam Paper (60%)

Unit 2 = Analysis and evaluation of a practical performance (40%)

A2 Level

Unit 3 = Exam Paper (60%)

Unit 4 = Philosophical problems of practical performance (40%)

Why you should consider studying P.E. in the 6th Form

P.E. builds on the knowledge gained during GCSE P.E. It is ideal for any career or future involving sport, or any students with a particular interest in sport. The course is theory based.

Comments from students who have studied this subject in the past

“A Level P.E. is the best!” (Charlotte Davies)

I really enjoyed GCSE P.E., and A level is similar only more in depth. I’ve really liked learning about the different energy systems”.

Frequently asked questions

Do I have to have studied PE at GCSE?
To be considered for a place on the course you should obtain a grade C or above at GCSE.

What skills do I need to do well?
The course involves some human biology. Good written English techniques will obviously help with coursework and the written exams. Each student also needs to be skilled in one specific sport – we like pupils to be heavily involved on one specific sport outside of school.

How much written work is involved?
There are elements of written coursework at A2 level, as well as written exams that include essay questions at A2.

Will I need to buy any materials?
You can either buy your own textbook or borrow one from the PE Department to aid the work that is to be completed at home.

What could I go on to do at the end of my course?
This course will provide you with the opportunity to further your studies in Sport Science, Physiotherapy, PE Teaching, and many other general university courses.

Will I get a good grade?
The Physical Education Department will enable you to achieve excellent results if you follow all the above and work hard. It is important to research the topics and do extra reading to develop wider subject knowledge. You will need to take the practical aspect of the course as serious as the theory.

Marissa Mason, Head of Physical Education