



# PHYSICAL EDUCATION

**Entry Requirement:**

Grade 6 at GCSE. If GCSE in Physical Education has not been studied a Grade 6 in Science is required, alongside suitable evidence of regular engagement with competitive sport, for example:

- A letter from school stating level of participation and performance
- Power of Ten records (if an athlete)
- Video evidence performance
- Competition records (such as timings/score cards/results sheets)

**Examination Board:**

AQA

All students will be expected to provide lesson support in the PE department.

**Course Content and Assessment****Component 1: Factors Affecting Participation in Physical Activity and Sport****Applied Anatomy and Physiology:**

- Cardio-respiratory system
- Cardiovascular system
- Respiratory system
- Neuromuscular system
- The musculo-skeletal system and analysis of movement

**Skill Acquisition:**

- Skill, skill continuums and transfer of skills
- Impact of skill classification on structure of practice for learning
- Principles and theories of learning and performance
- Use of guidance and feedback
- Memory models
- Information processing

**Sport and Society:**

- Emergence of globalisation of sport in the 21<sup>st</sup> century
- The impact of sport on society and of society on sport
- The role of technology in sport.

**Assessment**

Written Paper: 2 hours (105 marks)

Weighting: 35% of total A Level marks

Content: Combination of multiple choice, short answer and extended writing questions

## **Component 2: Factors Affecting Optimal Performance in Physical Activity and Sport**

### **Exercise Physiology:**

- Diet and nutrition and their effect on physical activity and performance.
- Preparation and training methods in relation to maintaining physical activity and performance.
- Injury prevention and the rehabilitation of injury.

### **Biomechanical Movement:**

- Biomechanical principles
- Levers
- Linear Motion
- Angular Motion
- Projectile Motion
- Fluid Mechanics

### **Sport Psychology:**

- Aspects of personality
- Attitudes
- Arousal
- Anxiety
- Aggression
- Achievement motivation theory
- Social Facilitation
- Group Dynamics
- Importance of goal setting
- Attribution theory
- Self-efficacy and confidence
- Leadership

### **Sport and society and the role of technology in physical activity and sport:**

- Concepts of physical activity and sport
- Development of elite performers in sport
- Ethics in sport
- Drugs in sport
- Violence in sport
- Sport and the law
- Impact of commercialisation on physical activity and sport and the relationship between sport and the media

### **Assessment**

Written Paper: 2 hours (105 marks)

Weighting: 35% of total A Level marks

Content: Combination of multiple choice, short answer and extended writing questions

## **Component 3: Practical Performance in Physical Activity and Sport**

### **(Non- Exam Assessment)**

#### **Section 1:**

- Assessment in students' chosen sport as either a performer or coach - 15% of overall mark.
- Written or verbal analysis and evaluation of either the student's own performance or that of another - 15%.

#### **Assessment**

Marks:	90 marks
Weighting:	30% of total A Level marks
	15% - Practical performance
	15% - Analysis of performance
Content:	Internal assessment and external moderation

#### **Teaching and Learning Methods**

Theory lessons incorporate a variety of teaching and learning methods, including traditional note taking, student presentations, class discussion and independent learning. The PE department makes full use of ICT through PowerPoint/Google presentations, iPad apps and video analysis. Relevant articles and research are also posted on the PE Twitter account (@ParmitersPEDept). Students are expected to read thoroughly outside of the classroom to supplement their subject knowledge.

Theoretical aspects of practical performance will be covered both in the classroom and the relevant practical area. Students will also undertake a variety of fitness tests to enhance their knowledge of the physiological aspects of the course.

#### **Homework**

Homework will be set as and when needed. This could be written work, answering examination questions, preparing for class presentations or general research and extended reading.

#### **Materials**

The PE Department provides all required textbooks for loan or students may purchase their own.

#### **Key Features**

This is a very demanding A Level as it requires a wide range of knowledge from a variety of different subject areas. Simply being a good practical performer will not guarantee high grades as this only counts for 15% of the overall mark. It is essential that the theoretical aspects of the course are afforded the required amount of time and effort, both in and out of the classroom.

**Students will be expected to represent the school teams in their chosen sports or be participating in competitions outside in school to ensure they receive the correct practical mark.**