

WYMONDHAM HIGH ACADEMY



WELCOME TO A LEVEL PHYSICAL EDUCATION



A DIVERSE AND EXCITING EDUCATIONAL JOURNEY FOR THOSE WHO LOVE
TO PERFORM AND UNDERSTAND SPORT AND PHYSICAL ACTIVITY.

COURSE OUTLINE

Paper 1: Factors affecting participation in physical activity and sport

What's assessed

Section A – Applied anatomy and physiology (35 marks)

Section B – Skill acquisition (35 marks)

Section C – Sport and society (35 marks)

How it's assessed

Written exam:
2 hours
Total: 105 marks
35% of A-level

Paper 2: Factors affecting optimal performance in physical activity and sport

What's assessed

Section A – Exercise physiology and biomechanics (35 marks)

Section B – Sports psychology (35 marks)

Section C – Sport and society and technology in sport (35 marks)

How it's assessed

Written exam:
2 hours
Total: 105 marks
35% of A-level

Performance in physical activity and sport

What's assessed

Students are assessed as a player/performer or coach in the full sided version of one activity
15% of non-exam assessment

plus
Written/verbal analysis and evaluation of performance
15% of non-exam assessment

How it's assessed

Internal assessment,
External moderation
Total: 90 marks
30% of A-level



Be prepared for A level Physical Education at **Wymondham High**

Before you arrive get yourself ready for studying A Level Physical Education by getting the following:

Theory

- **One lever arch file** – kept at home, containing all Physical Education notes **or four A4 ring binders**, one each for Anatomy and Physiology, Skill Acquisition, Opportunities for Participation and Practical.
- **File dividers** – to ensure your work is kept orderly and in sequence throughout the course.
- **One daily folder** – for keeping recent notes, homework, etc. with appropriate dividers.
- **Pens, pencils, highlighters, ruler, eraser** and other standard stationary equipment.
- **A4 lined paper.**

Practical

You will require PE kit for practical lessons

- **Black/Navy/White** Shorts, Polo shirt, Tracksuit.
- **Trainers – non-marking soles**
- **Shin-pads, Football Boots and Football Socks will most likely be required.**

Expectations – come with the right approach

- All classwork and homework tasks are done to the very best of your ability.
- All deadlines set are met.
- You will be expected to read and research around each topic in your own time.
- You participate in all practical sessions.
- You engage and contribute to class and group work as a means of extending your understanding.
- You continually self-evaluate and strive for your highest attainment.
- You always seek extra guidance when needed.
- You work with the PE teachers to ensure your learning needs and styles are understood and catered for.

Your First Tasks

1. You should know where your sporting strengths lie. You need to come in September with a good idea about which sport and which role you are going to offer for assessment. You need to go onto the AQA website and print yourself a copy of the assessment criteria for your sport. You will find these in the specification on the PE subject page of the website. Bring this with you in the first week of term. <http://www.aqa.org.uk/subjects/physical-education>. A Level Physical Education 7582

2. Our work in practical lessons will be aimed mainly at coaching and the application of the theory. Therefore you need to ensure that you have thought about where you are going to take part in your sport, at an external club, in order to improve your performance and work on the assessment criteria. We will ask you details regarding this and you will be asked to keep a log book of your practical performances.

3. To ensure your theoretical knowledge is in line with expectations you will need to do the following preparation work before the start of term.
 - a) Revising or learn the main bones and muscles in the body and the types of movement possible at joints. Label a diagram of the Skeletal System and one of Muscular System and bring it to your first lesson with Mr Lambert

 - b) Research why one of the 2012 Olympic mascots was called Wenlock and how this links into the birth of the modern Olympic Games. You will use this in your first unit of work on Sport and Society with Mrs Bean

 - c) What are the characteristics of Skilled Movement? Using a named sportsperson as an example, explain how they show these characteristics in their performance. Bring this work to your first Skill Acquisition lesson with Mr Simms.

Overall come prepared to work hard, achieve your best and enjoy learning more about the influences which determine sporting success as a country but also as individuals.

PRACTICAL ACTIVITIES

You may select from the following activities for your practical assessment. This can be in the role of a Performer or Coach.

Amateur Boxing

Association Football

Athletics

Badminton

Basketball

Camogie

Canoeing

Cricket

Cycling

Dance

Diving

Equestrian

Gaelic Football

Golf

Gymnastics

Handball

Hockey

Hurling

Kayaking

Lacrosse

Netball

Rock Climbing

Rowing

Rugby league

Rugby union

Sculling

Skiing

Snowboarding

Squash

Swimming

Table Tennis

Tennis

Trampolining

Volleyball





THE ROAD TO ATHLETIC GREATNESS IS NOT MARKED BY PERFECTION, BUT THE ABILITY TO CONSTANTLY OVERCOME ADVERSITY AND FAILURE.



"I'm sick and tired of being kicked around all the time."

It's hard to beat a person who NEVER GIVES UP.

— Babe Ruth



"Assess, Measure, Improve my Performance"