

DEREHAM 6<sup>TH</sup> FORM COLLEGE

# A LEVEL PHYSICAL EDUCATION



**COURSE HANDBOOK**

**2020**

## CONTENTS

1. Aims and objectives
2. Entry requirements
3. Course Overview
4. General expectations
5. Assessment schedule
6. Practical assessments
7. Resources
8. Stretching the most able and differentiation
9. Course content
10. Assessment objectives

## DEREHAM 6<sup>TH</sup> FORM COLLEGE

### 1 AIMS AND OBJECTIVES

A-level Physical Education should equip students with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This will require them 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

### 2 ENTRY QUALIFICATION

The course is academically challenging and **70%** of the course is made up of the theoretical aspects behind performance. Therefore, anyone wishing to take the course must have an excellent level of knowledge and understanding of the theoretical components of the GCSE course and have the ability to apply that knowledge.

In order to cope with the demands of the course, a minimum Level 5 in at least 5 subjects, including a Level 6 in GCSE PE (6 must be achieved in Theory part of paper), or Merit if BTEC studied, should be achieved.

You should also be physically active in at least one sport at a regular competitive level in order to be able to practically perform at the required level as **30%** of the course is dedicated to the practical element

## DEREHAM 6<sup>TH</sup> FORM COLLEGE

### 3 COURSE OVERVIEW

The course is taught over two years, and assessed at the end of year 2 as follows:

<b>Component 1:</b> Factors affecting participation in physical activity and sport <b>Written Paper</b>	35%	<u>Section A:</u> Applied anatomy and physiology (35 marks) <u>Section B:</u> Skill acquisition (35 marks) <u>Section C:</u> Sport and society (35 marks)	2 hour written paper 105 marks Combination of multiple choice, short answer and extended writing questions
<b>Component 2:</b> Factors affecting optimal performance in physical activity and sport <b>Written Paper</b>	35%	<u>Section A:</u> Exercise physiology and biomechanics (35 marks) <u>Section B:</u> Sports psychology (35 marks) <u>Section C:</u> Sport and society and technology in sport (35 marks)	2 hour written paper 105 marks Combination of multiple choice, short answer and extended writing questions
<b>Component 3:</b> Non-exam assessment: Practical performance in physical activity and sport <b>Practical performance &amp; written work</b>	30%	<u>Section 1:</u> Students are assessed as a player/performer or a coach in a full sided version of one activity (15%) <u>Section 2:</u> Written/verbal analysis and evaluation of performance (15%)	45 marks each section = 90 marks Internal assessment, external moderation  Player/performance assessed in three areas of performance (15 marks each)  Performance analysis: - Analysis (20 marks) - Evaluation (25 marks)

### 4 GENERAL EXPECTATIONS

In order to gain the best results for the students, the PE department expect the following:

- That all students continue to participate in competitive sport outside of school
- Homework tasks are completed on time and students arrive to lessons having already done the preparatory work
- Students attend lessons with the correct equipment (see below) and be ready to learn
- Students are expected to catch up on any lessons that they have been absent from and seek advice from their teacher regarding work/homework that has been missed
- Students have downloaded all paperwork off the website for the course

The following items of equipment must be brought to every lesson:

- File, with dividers ready for all sections of the course according to the given file dividers
- A mixture of different coloured pens and pencils
- Lined paper

## DEREHAM 6<sup>TH</sup> FORM COLLEGE

- Highlighters
- AQA PE for A-level 1: Year 1 (ISBN-13: 9781471859564)
- AQA PE for A-level 2: Year 2 (ISBN-13: 9781471859595)
- <http://www.aqa.org.uk/subjects/physical-education/a-level-physical-education-textbooks-print-and-digital>

### 5 ASSESSMENT SCHEDULE AND POLICIES

#### External Assessments

At the end of the two year course, you will be externally assessed through two **written examination papers in the month of June** as detailed previously. You will also be assessed practically through continual internal assessments throughout the year, which is finalised during a moderation day with the AQA examiner around April/May. The practical coursework will also be moderated by an AQA examiner at the end of the course.

#### Internal Assessments

Internal assessments will occur during the Year 12 exam weeks. These internal mock exams will cover assessment of the taught theory content up to that date, and will be a combination of all the theory topic areas, as well as current practical performances.

Subject teachers will administer their own end of unit tests throughout the course, as well as set regular exam questions for each topic area. The timings of such assessments are indicated on the Assessment Sheets. Anyone failing to reach TMG on three consecutive pieces of work will be reported to the subject leader and head of faculty as a cause for concern, and will be placed on a monitoring programme.

#### Year 1

Dec Mock Exams: 2 hour written exam & practical performance

June Mock Exams: 2 hour written exam & practical performance

#### Year 2

Dec Mock Exams: 2 written exam, practical performance & written work

## 6 PRACTICAL ASSESSMENTS

Performance assessment (practical performance)

You are required to be assessed in one activity in the role of player/performer or coach.

You are required to be assessed in the full context of their chosen activity and role. They will be assessed in three areas of assessment.

You will be assessed for all of the activities in the following skills:

- Area of assessment 1: Technical quality – aspect 1 (15 marks)
- Area of assessment 2: Technical quality – aspect 2 (15 marks)
- Area of assessment 3: Application of strategic/tactical awareness (15 marks)

Students will be assessed against the relevant levels of response grids, as either player/performer or coach, for each area of assessment.

### **Assessment Method:**

- Internal assessment
- External moderation

### **Course Weighting:**

- 15% (45 marks)

You are expected to produce a DVD of all practical performances which **must be compatible with Windows Media Player.**

### **Performance analysis assessment (analysis and evaluation)**

You are required to analyse and evaluate, using appropriate theoretical content included in the specification, a performance as either player/performer or coach, in one activity from the specification. You can analyse and evaluate your own performance or the performance of another, as long as it is in an activity that is from the specification.

This can be completed either:

- in a purely written format (the recommended practice), or
- via a combination of a written format (eg continuous prose/PowerPoint slides etc) and additional verbal explanation (eg expanding on PowerPoint presentation/interview)

## DEREHAM 6<sup>TH</sup> FORM COLLEGE

You will be assessed on your performance analysis assessment in the following two skills:

- Analysis (20 marks)
- Evaluation (25 marks)

### 7 RESOURCES

All course material can be found throughout the course on the PE pages of the website.

- Specification
- Course handbook
- Assessment schedules
- File dividers
- Bridging material
- Website links

Resources from lessons can be found in various online PE platforms or on the website after the topic areas have been covered.

### 8 STRETCH AND CHALLENGE

You are encouraged to read around the topic areas of the specification, and keep up to date with current affairs in the spotting world.

You will be given extended tasks and exam questions throughout the course, and will be encouraged to write full answers to reach the extended marks on the mark schemes.

### 9 COURSE CONTENT

A-level content	Content Book 1 / 2	Year taught	Paper
<b>3.1.1 Applied Anatomy and Physiology</b>			<b>1</b>
Cardiovascular system	Book 1	1	1
Respiratory system	Book 1	1	1
Neuromuscular system	Book 1	1	1
The musculo-skeletal system and analysis of movement in physical activities	Book 1	1	1
Energy systems	Book 2	1	1
<b>2.1.2 Skill Acquisition</b>			<b>1</b>
Skill, skill continuums and transfer of skills	Book 1	2	1

**DEREHAM 6<sup>TH</sup> FORM COLLEGE**

Impact of skill classification on structure of practice for learning	Book 1	2	1
Principles and theories of learning and performance	Book 1	2	1
Use of guidance and feedback	Book 1	2	1
General information processing model	Book 2	2	1
Efficiency of information processing	Book 2	2	1
<b>3.1.3 Sport and Society</b>			<b>1</b>
Pre-industrial (pre-1780)	Book 1	2	1
Industrial and post-industrial (1780–1900)	Book 1	2	1
Post World War II (1950 to present)	Book 1	2	1
Sociological theory applied to equal opportunities	Book 1	2	1
<b>3.2.1 Exercise Physiology</b>			<b>2</b>
Diet and nutrition and their effect on physical activity and performance	Book 1	1	2
Preparation and training methods in relation to maintaining physical activity and performance	Book 1	1	2
Injury prevention and the rehabilitation of injury	Book 2	1	2
<b>3.2.2 Biomechanical Movement</b>			<b>2</b>
Biomechanical principles	Book 1	2	2
Levers	Book 1	2	2
Linear motion	Book 2	2	2
Angular motion	Book 2	2	2
Projectile motion	Book 2	2	2
Fluid mechanics	Book 2	2	2
<b>3.2.3 Sport Psychology</b>			<b>2</b>
Aspects of personality	Book 1	1	2
Attitudes	Book 1	1	2
Arousal	Book 1	1	2
Anxiety	Book 1	1	2
Aggression	Book 1	1	2
Motivation	Book 1	1	2
Achievement motivation theory	Book 2	1	2
Social facilitation	Book 1	2	2
Group dynamics	Book 1	2	2
Importance of goal setting	Book 1	2	2
Attribution theory	Book 2	2	2
Self-efficacy and confidence	Book 2	2	2
Leadership	Book 2	2	2
Stress management	Book 2	2	2
<b>3.2.4 Sport and society and the role of technology in physical activity and sport</b>			<b>2</b>
Concepts of physical activity and sport	Book 2	1	2
Development of elite performers in sport	Book 2	1	2
Ethics in sport	Book 2	1	2
Violence in sport	Book 2	1	2
Drugs in sport	Book 2	1	2
Sport and the law	Book 2	1	2
Impact of commercialisation on physical activity and sport and the relationship between sport and the media	Book 2	1	2
The role of technology in physical activity and sport	Book 1&2	2	1&2



## DEREHAM 6<sup>TH</sup> FORM COLLEGE

### 10 ASSESSMENT OBJECTIVES

Assessment objectives (AOs) are set by Ofqual and are the same across all A-level Physical Education specifications and all exam boards. The exams and non-exam assessment (NEA) will measure how students have achieved the following assessment objectives:

**AO1:** Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

**AO2:** Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

**AO3:** Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

**AO4:** Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

Assessment objectives (AOs)	Components Weighting (approx. %)			Overall Weighting (approx. %)
	Paper 1	Paper 2	NEA	
AO1	10-13	10-13	0	22-25
AO2	10-13	10-13	0	22-25
AO3	10-13	10-13	0	22-25
AO4	0	0	30	30
<b>Overall weighting of components</b>	35	35	30	100

### 11 USEFUL ONLINE CHANNELS

My PE Exam – <https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ>

The PE Tutor - [https://www.youtube.com/channel/UCUVsiR-1u\\_oSZ32CHQmD4Ug](https://www.youtube.com/channel/UCUVsiR-1u_oSZ32CHQmD4Ug)

James Morris – <https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBIklu3Xw>

### 12 SPECIFICATION

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>