

A-Level PE

Year 12
2023-2024



Learning objectives:

- Understanding the A Level PE course

A-LEVEL PE Overview

Paper 1: Factors affecting participation in physical activity and sport

Section A: Applied Anatomy and Physiology

- Musculo-Skeletal System
- Cardio-respiratory System
- Neuromuscular System
- Energy Systems

Section B: Skill Acquisition

- Skill Continuums and Transfer of Skills
- Impact of Skill Classification
- Principles and Theories of Learning and Performance
- Use of Guidance and Feedback
- Information Processing

Section C: Sport and Society

- Emergence of Globalisation of Sport in the 21st Century
- Pre-Industrial (Pre 1780)
- Industrial and Post-Industrial (1780-1900)
- Post World War 2 (1950-Present)
- The Impact of Sport on Society and Society on Sport

Non-Exam Assessment:

- Written Analysis of Performance (coursework)
- Practical Performance Assessment in 1 sport

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

Section A: Exercise Physiology and Biomechanics

- Diet & Nutrition
- Training Methods
- Injury Prevention and Rehabilitation
- Biomechanical Movement and Levers
- Linear / Angular / Projectile Motion
- Fluid Mechanics

Section B: Sport Psychology

- Aspects of Personality / Attitudes
- Arousal / Anxiety / Aggression / Motivation
- Achievement Motivation Theory
- Social Facilitation / Group Dynamics
- Goal Setting
- Attribution Theory / Self-Efficacy and Confidence
- Leadership
- Stress Management

Section C: Sport and Society and Technology in Sport

- Concepts of Physical Activity and Sport
- Development of Elite Performers in Sport
- Ethics/Violence/Drugs in Sport
- Sport and the Law
- Impact of Commercialisation
- Role of Technology in Sport



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Explanation

Core Expectations for **Every Lesson**

1. Attend lessons on time and in professional attire
2. Be prepared for each lesson by ensuring you bring the appropriate equipment
3. Ensure all work is organised in the appropriate section of your subject folder
4. All deadlines must be met to avoid a 6 week “Risk of Failure” program
5. Respect the classroom, Replace chairs, Rubbish in bins
6. Speak to **ALL** members of the HT community with respect
7. No mobile phones/ear pods to be used in lessons or around the school
8. Starters are to be completed in silence
9. Be proactive and not reactive
10. Expect to work harder than you ever have before



Learning objectives:

- Understanding the A Level PE course

Course Breakdown

PAPER 1: Factors affecting participation in physical activity and sport

What's Assessed:

- **Section A: Applied anatomy and physiology**
- **Section B: Skill Acquisition**
- **Section C: Sport and Society**

How it's Assessed:

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



Learning objectives:

- Understanding the A Level PE course

Course Breakdown

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

What's Assessed:

- **Section A: Exercise physiology and biomechanics**
- **Section B: Sport psychology**
- **Section C: Sport and society and technology in sport**

How it's Assessed:

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



Learning objectives:

- Understanding the A Level PE course

Course Breakdown

Non-exam Assessment: Practical performance in physical activity and sport

What's Assessed:

1. **Students assessed as a performer or coach in the full sided version of one activity.**
2. **Written/verbal analysis of performance.**



How it's Assessed:

- **Internal assessment / External moderation**
- **90 marks**
- **30% of A-level**



Learning objectives:

- **Understanding the A Level PE course**

PAPER 1: Factors affecting participation in physical activity and sport

- **Cardio-respiratory System**
- **Neuromuscular System**
- **Musculo-skeletal System**
- **Energy Systems**
- **Skill Acquisition**
- **Theories of Learning**
- **Guidance and Feedback**
- **Memory Models (Information processing)**
- **Sport and Society**



Learning objectives:

- Understanding the A Level PE course

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

- **Diet and Nutrition**
- **Training Methods**
- **Injury Prevention**
- **Biomechanical Movement**
- **Sports Psychology**
- **Sport and Society and Technology in Sport**



Learning objectives:

- Understanding the A Level PE course

Non-exam Assessment

Practical performance in physical activity and sport

1. Students assessed as a performer or coach in the full sided version of one activity.

2. Written/verbal analysis of performance.

- **Identify, analyse and explain 2 weaknesses**



Learning objectives:

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Explanation

Non-exam Assessment

AV Evidence - Practical commentary timeline

Creating a commentary timeline for longer footage of team games helps to demonstrate how you fulfil the requirements of the skills/tactics in the specification. It also provides clarity of the range of skills/tactics that are repeated throughout your performance(s).

Refer to the specification to ensure that you include all relevant skills/tactics in your commentary.

Example:

Student: *A Footballer*

Part 2 Evidence (full context)

Context: Blue shirt (orange boots) number 10, playing centre forward for Hertfordshire County U18 v Essex County U18 ESFA Inter County Fixtures

Time	Skill	Brief comment
00.45	Passing/receiving	Played one-two successfully with non-dominant foot
1.42	Dribbling/moving with the ball	Received pass, turned and beat defender 1v1
2.56	Dribbling/crossing for attackers	Ran onto through ball – dribbled to goal line and crossed the ball – cross blocked

TASK: Complete your timeline using the table below.

Delete above text when task is complete.

Practical Commentary Timeline

Student: Activity/role: **Performer** Area of Assessment: **1/2/3**

Context:

Time	Area of	Skill	Brief comment
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HTPE A-LEVEL PHYSICAL EDUCATION AQA Performance Analysis Written Assessment (NEA)



NAME: _____

Task objective

Analyse and evaluate, using theoretical content, a performance as either a performer/coach, in one activity.

1. Identify and explain two weaknesses. One from assessment area 2 - skills (AA2) and one from assessment area 3 - tactics (AA3).
2. Weaknesses must:
 - link to either the core or advances skills/tactics
 - be from a competitive context
 - be analysed in relation to the desired outcome (comparison to elite performer, correct technical model or own/others' successful performance)
3. Demonstrate knowledge of theoretical cause and correction for each weakness



Use this booklet to help you to write your coursework document. Follow each section carefully. Use the planning areas and complete the checklist on the last page to ensure that you have included everything needed.

Create a Front Cover

Create a front cover for your coursework, including the following information:

Title	Performance Analysis Assessment
Student Full Name	
Candidate Number	Exam Number
Centre Number	17227
Centre Name	Haileybury Turnford
Qualification	AQA A Level Physical Education (7582)



Learning objectives:

- Understanding the A Level PE course

Get Organised!

1. A4 ring binder folder
2. Plastic wallets
3. Folder dividers
4. Notepad



Learning objectives:

- Understanding the A Level PE course

Research NEW concepts

You may have studied GCSE PE, however, there are many new and developed concepts in A-level PE.

TASK: Create mind maps/information boards on the following 3 topics. Use the internet to help you.

- Biomechanics in Sport
- Energy Systems (ATP/PC)
- Pre-industrial sport (pre 1780)



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Let's see what you already know!

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