

A-Level Physical Education

Entry Requirements Grade 5 or above in Biology or Combined Science, Maths and English Language. Also, a significant level of sporting performance and regular participation in competitive fixtures or competitions.

Exam Board: AQA

Subject Leader: Mrs R Becks rbecks@taptonschoool.co.uk

Overview of the Course:

Examination assessment

The following topics will form the examination at the end of Year 13:

1. Applied anatomy and physiology
2. Skill acquisition
3. Sport and society
4. Biomechanical movement
5. Sport psychology
6. Sport and society and the role of technology in physical activity and sport

Non-examination assessment

Pupils will produce a video with their practical/ coaching performance which must show the skills specified by the examination board. They must film a number of competitions/ matches that shows consistency in their performance and ensure the video does their sporting/ coaching ability justice as only what is on the video can be marked.

Pupils will produce a piece of coursework focusing on detailed analysis of themselves as a performer and design an action plan to improve any weaknesses they find. This will be delivered in lesson time and completed at home and be submitted before the examination period begins.

Method of assessment

- Paper 1 and paper 2 will be sat at the end of Year 13 and are both 2-hour examinations. They make up 70% of students total A-Level mark.
- The NEA which includes practical/coaching performance and coursework make up 30% and will be assessed throughout the course with a final deadline of Christmas in Y13.

Qualities Required

Students should be passionate about Sport and PE, enthusiastic and willing to learn new skills and techniques. They should be self-motivated, determined and will work to ensure they succeed.

Academic Qualities

The A-Level course is 85% theory based (examination – 70%, coursework –15%) and students must realise this is a very academic course. Students should have a love for sport and exercise and be interested in all aspects of sport and physical education. They need to be well organised and be willing to work hard outside of lessons.

Sporting Performance and Participation

It is essential students are regularly training/competing/coaching in a sport of their choice. Students will be expected to independently gather video evidence against the practical coursework assessment criteria to support their mark. All video evidence must show students showcasing a number of skills in a full competitive situation.

Links with Other Subjects

Biology, Physics, Psychology, Food Technology, Sociology and History.

Career Prospects

Due to the diverse and high academic nature of the course, A-Level PE is a fantastic option to take for many career paths including physiotherapy, biomedical science, sports science courses as well as coaching and teaching degrees. Sport, physical education, health and wellbeing and fitness are all large growth areas and there are a huge number of jobs available in these fields.

Reading List

AQA PE for A-Level - Carl Atherton and Symond Burrows

AQA PE for A-Level Book - Carl Atherton and Symond Burrows

AQA AS Physical Education (2008) P Bevis & M Murray

Revise PE for AQA (2010) D Roscoe, B David, J Roscoe

AQA Physical Education (2009) K Bizley

Independent Study

Journals:

- Journal of Sports Sciences
- Journal of Sport & Social Issues
- All sports magazine will offer a view on performing, coaching, science, current issues or history of sports

Websites:

- YouTube - Sports biographies and 'Day in the Life of...' programmes give an excellent insight into the world of the elite athlete
- www.mypeexam.com
- www.sportengland.org
- www.brianmac.co.uk
- NGB websites e.g. The FA www.thefa.com ,The RFU www.rfu.com etc