

# A LEVEL PHYSICAL EDUCATION (Linear)



## WHAT IS PE?

Physical Education involves focusing on the theoretical aspects of participation and performance in physical activity as part of a balanced, active and healthy lifestyle.

The course focuses on:

- Increasing your theoretical and physical competence
- Developing your involvement and effectiveness in physical activity
- Enabling you to become informed and discerning decision makers in relation to your and others' involvement in physical activity

**Please note that this is a very different course to GCSE PE as there is a strong theoretical element, much of it scientific and there is much less focus on practical activities.**

## WHY SHOULD I STUDY PE?

If you are:

- A keen sports person, who is enthusiastic about developing your theoretical knowledge and gaining a greater understanding of the scientific and socio-cultural aspects of performance
- If you wish to pursue a career within any of the sports fields

## USEFUL SKILLS & INTERESTS

It is essential that you have a keen interest in both theoretical and practical aspects of sport. You are expected to be playing at least one sport on a regular basis to school / club level. Any leadership / coaching awards will be of benefit when it comes to the practical and appreciation of performance assessments.

## COURSE STRUCTURE & CONTENT

### Paper 1: Factors Affecting Participation in Physical Activity and Sport

- Section A: Applied Anatomy and Physiology
- Section B: Skill Acquisition
- Section C: Sport and Society

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

- Section A: Exercise Physiology and Biomechanics
- Section B: Sport Psychology
- Section C: Sport and Society and Technology in Sport

### Non-Examined Assessment: Practical Performance in Physical Activity and Sport

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

Plus:

- written/verbal analysis of performance.

# HOW WILL I BE ASSESSED?

## Paper 1: Factors Affecting Participation in Physical Activity and Sport

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

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

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

## Non-Examined Assessment

- Internal assessment, external moderation
- 90 marks
- 30% of A level

You will be internally assessed through the NEA in **one practical activity** (either performing or coaching one chosen activity from the approved lists). You will be assessed in your performance based on your ability to select and perform appropriate skills consistently, precisely and with control and fluency, adapting them to suit a variety of situations in authentic conditioned, competitive environments for your chosen activity. **See table for list of approved activities.**

In addition to a practical performance, you will be assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). You will observe a **live or recorded performance** by yourself or a peer in **either** their own assessed performance activity or another activity from the approved list and provide a written or oral response analysing and critically evaluating their performance focusing on specific areas.

You will then identify and justify the major area of weakness within the performance to prioritise for improvement and will propose a development plan to improve the area of performance identified. The development plan will include:

- aims, objectives and timescale for the development plan
- why it is appropriate to spend this length of time on improving this one area
- frequency, duration and focus of sessions
- detailed progressive practices
- detailed coaching points
- potential adaptations to the development plan depending on progress
- how improvement could be measured

Activity	Restrictions and allowances	Activity	Restrictions and allowances
Acrobatic gymnastics		Kayaking	
Amateur Boxing		Lacrosse	
Association football	<i>Cannot be five-a-side</i>	Netball	
Athletics		Polybat	
Badminton		Powerchair football	
Basketball		Rock Climbing	<i>Can be indoor or outdoor</i>
Blind Cricket		Rowing	
BMX	<i>Racing only (not trick)</i>	Rugby League	<i>Cannot be tag rugby</i>
Boccia		Rugby Union	<i>Can be assessed as sevens or fifteen a side. Cannot be tag rugby</i>
Camogie		Sailing	<i>Candidates must be assessed within full competitive situations as the helmsperson in one of the following Royal Yachting Association (RYA) sailing boat classifications</i> <i>Individual – single handler</i> <ul style="list-style-type: none"> <li>• ILCA 6 (laser radial)</li> <li>• ICLA 7 (laser standard)</li> </ul> <i>Team – double handler</i> <ul style="list-style-type: none"> <li>• 29ER</li> <li>• 420</li> <li>• Nacra 15</li> </ul>
Canoeing			
Cricket			
Cross country running		Sculling	
Cycling	<i>Track or road cycling only</i>	Skiing	<i>Must take place on snow, can be indoor or outdoor</i>
Dance		Snowboarding	<i>Must take place on snow, can be indoor or outdoor</i>
Diving	<i>Platform diving</i>	Squash	
Equestrian		Swimming	
Figure skating		Table Cricket	
Gaelic football		Table Tennis	
Goalball		Tennis	
Golf		Trampolining	
Gymnastics	<i>Floor routines and apparatus only</i>	Triathlon	<i>Sprint only</i>
Handball		Volleyball	
Hockey	<i>Field Hockey only – no ice or roller hockey</i>	Water polo	
Hurling		Wheelchair basketball	
Ice Hockey		Wheelchair rugby	
Inline roller hockey		Windsurfing	Candidates must be assessed within full competitive situations in one of the following Royal Yachting Association windsurfing classifications: <ul style="list-style-type: none"> <li>• IQ Foil</li> <li>• RS:X 8.5</li> </ul>

## COURSE COMMITMENT

This is a very diverse, challenging and demanding course and as such we expect 100% commitment from our students. We set our department standards high and have high expectations and hopes for all our students. High levels of attendance; punctuality; homework submission and independent study are essential if students are to maximise their potential.

## COURSE COSTS

At the start of the course, you will be given the opportunity to purchase Prior Pursglove College sports kit to wear during lessons and when you are volunteering in the local community, though this is not compulsory. Free gym membership is offered to all students.

## ENTRANCE REQUIREMENTS

For entrance on to this course you will need to meet the college standard entry requirements of 5 GCSE passes grades 4 - 9, including a GCSE grade 4 or above in English Language, Science and preferably Maths. You would normally be expected to have successfully completed a GCSE in Physical Education to at least a grade 4 or a pass but we would not exclude you if you had not done so. If PE was studied in school, you must achieve a grade 4 or a pass grade.

## PROGRESSION ROUTES

These are wide and varied and include:

- University Degree courses (variety of courses – see staff for further discussion)
- Armed Forces
- Teaching
- Police
- Coaching / Leisure development work
- Physiotherapy / Sports Therapy

Some of the students who studied this course at Prior Pursglove College progressed on to:

- Liverpool John Moore University – **Sport Business Management**
- Northumbria University – **Human Nutrition / Law**
- Sheffield Hallam University – **Physical Activity, Health & Exercise Science**
- Sheffield University – **Medicine / PE and School Sport**
- Teesside University – **Sport & Exercise**

## STUDENT COMMENTS

What our PE students say:

"I chose to study A Level PE at Prior as it's a career I'm considering pursuing in the future and thought Prior would be the best place to help me with this. The PE staff couldn't be friendlier, and go out of their way to help, support and guide you through your time at college."

## FURTHER INFORMATION

Full course specifications can be found at <https://www.aqa.org.uk/subjects/physical-education>

If you require further information, please contact the subject leader Wendy Stubbs.