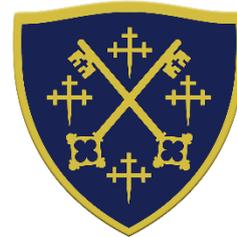


# A Level: PE

## Specification: AQA



**BISHOP  
STOPFORD  
SCHOOL**  
**Sixth Form**  
faith | justice | responsibility | truth | compassion

A Level Physical Education takes your passion for sport and fitness to the next level. It deepens your understanding of PE and Sports Science, building on what you learned at GCSE (though previous study isn't essential if you have a genuine interest).

If you're a dedicated athlete or coach, love following the latest sports news and developments and want to explore the science behind performance, this course could be the perfect fit for you. Get ready to combine theory with practical insight and unlock the secrets of elite sport!

***“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand.” (Nelson Mandela)***

### Subject Content

#### **Year 12 (Paper 1) – Factors affecting participation**

Applied Anatomy and Physiology;  
Skill Acquisition;  
Sport and Society;

#### **Year 13 (Paper 2) – Factors affecting optimal performance**

Exercise Physiology and Biomechanics  
Sports Psychology  
Sport and Society and Technology

### Exam Assessment

The course content is assessed via two exam papers and a Non-examined element (NEA);

#### ***Paper 1 – Factors affecting participation***

#### ***Paper 2 – Factors affecting optimal performance***

Both are 2 hour papers worth 35% of the overall grade per paper at the end of the course

#### **Non-examined Assessment**

- ***1 practical activity as performer or coach.***

This will be an activity from the approved list and will be something you are competing/coaching in outside of lessons. You are assessed internally and then moderated externally (45 marks, 15% of grade)

- ***Performance analysis assessment***

Critical analysis of a performer (key strengths and weaknesses) in one of the approved activities, followed by the evaluation, which is the formulation of a theoretical development plan.

#### **Enrichment**

There are some PE/sports clubs in school which students can attend, with some leading to inter-school, competitive sports.

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