

## PHYSICAL EDUCATION

Exam board; **AQA**



Theory (70% of overall grade)

NEA (30% of overall grade)

**You will be assessed via two exam papers**

**Paper 1 – Factors affecting participation**

Applied Anatomy and Physiology

Skill Acquisition

Sport and Society

**2 hour paper worth 35% of the overall grade**

**Paper 2 – Factors affecting optimal performance**

Exercise Physiology and Biomechanics

Sports Psychology

Sport and Society and Technology

**2 hour paper worth 35% of the overall grade**

**Practical activity assessment**

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

This will be an activity from the approved list (see reverse) and will be something you are competing/coaching in outside of lessons. You are assessed internally and marks are 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. This coursework can be written or combination of written and verbal, assessed internally and moderated externally

(45 marks, 15% of grade)



# Coursework Activities

Acrobatic Gymnastics
Amateur Boxing
Association Football
Athletics
Badminton
Basketball
Camogie
Cricket
Cycling
Dance
Diving
Equestrian
Figure Skating
Futsal
Golf
Gaelic Football
Gymnastics

Handball
Hockey (field)
Hurling
Ice Hockey
Inline Roller Hockey
Kayaking
Lacrosse
Netball
Rock climbing
Rowing
Rugby League
Rugby Union
Sailing
Sculling
Skiing
Snowboarding
Squash

Swimming
Table Tennis
Tennis
Trampolining
Triathlon (Sprint only)
Volleyball
Water Polo
Windsurfing
<b>Specialist Activities</b>
Blind cricket
Boccia
Goal Ball
Powerchair football
Polybat
Table Cricket
Wheelchair basketball
Wheelchair rugby

## Who should choose A Level PE?

- An experienced and committed performer, **who performs competitively in one of the activities on the list or is a committed coach in one activity**
- Someone with a keen interest in physical activity and already has some understanding of the sports science behind it, they may have taken GCSE PE or equivalent (not compulsory though)
- Someone who follows sports related news and current developments

**Entry requirements; Grade 5 in GCSE PE or equivalent, or 5 in Biology/Science**