**A Level PE at LPGS**



**A Student Guide Booklet to the AQA A Level Physical Education Course**

**Statement from the PE Department about the course**

The AQA A Level course is a course for students who have a genuine interest in understanding the mechanics and science behind elite sports performance. This course builds on the student’s experience from GCSE to enhance their knowledge and increase their understanding of the factors that affect performance and participation in sport.

We want our students to:

Demonstrate:

* A good standard of written English and functional maths which will enable students to meet the demands of the exams.
* Solid ability in science, especially Biology
* Current participation in at least one competitive sport as a performer or coach.
* Strong commitment to meeting deadlines
* A willingness to assist in all things PE and Sport at LPGS

**Facilities within the PE Department**

Students working within the PE Department can enjoy a huge range of facilities to assist them in their learning and making as their courses develop.

* Dedicated PE teaching classroom with computer access
* Full size all weather pitch
* 5 netball courts
* 5 tennis courts
* Full size sports hall: 4 indoor badminton courts, 1 netball court
* Small gymnasium with gymnastic and trampoline equipment

**About your course**

**AQA A Level PE**

Description of Course:

Topics covered through theory and practical lessons include:

o Applied anatomy and physiology

o Skill acquisition

o Sport and society

o The impact of sport on society and of society on sport o Exercise physiology

o Biomechanical movement

o Sports psychology

o The role of technology in physical activity and sport

**Assessment:**

The course is aimed at those looking to study for the full 2 years and complete the full A-Level course.

70% of the overall grade is based on theoretical content, assessed via 2 examinations in June of the second year of study

30% of the overall grade is based on sports performance and analysis

The components hold the following weighting:

- Exam paper 1: Factors affecting participation in physical activity and sport

: 2 hours

: 35% of A-Level

- Exam paper 2: Factors affecting optimal performance in physical activity and sport : 2 hours

: 35% of A-Level

- Practical performance in sport: Assessment in 1 fully competitive sport as a performer or coach : 15% of A-Level

- Analysis of performance: Written/verbal evaluation of their own or anthers performance : 15% of A-Level

**Practical Activities:**

Candidates can only be assessed in the following sports:

 \*correct at time of publication March 2020

Use must be collecting regular competitive video evidence of your performance in your chosen sport.

**Theory lessons:**

Each exam has 3 sections within it and each section will be taught by a separate member of staff. You will have 1 double lesson per week on each section of the exam paper. The current staffing of this course is detailed below:

**CKB – Miss Bush, Head of PE –** o Applied anatomy and physiology o Exercise physiology o Biomechanical movement

**TM – Miss McGovern –** o Skill acquisition o Sports psychology

**RLC – Miss Cejer –** o Sport and society o The impact of sport on society and of society on sport o The role of technology in physical activity and sport

It is vital that you engage with your different subject teachers quickly and that you fully immerse yourself in your working practice as quickly as possible in order to utilise your time well and develop into a reflecting, inquiring and independent student.

Topics of work are delivered to you at set times during the academic year. Please see the attached teaching Plan for details this throughout the 2 year course.

If due to long term illness or other issues you are unable to attend school you must discuss this matter with Miss Bush.

**Practical lessons:**

There will be no designated PE practical lessons as it is often the case that students all compete in different sports. There is also too much theory content to teach.

A Level PE students are encouraged however to take a sports enrichment activity on the Wednesday sessions.

Students are expected to be training and competing regularly in their chosen sport outside of school. You and your family will be asked to complete a form stating what your intended practical sport will be within the first half term of the course and video footage may also be requested.

You may be asked to bring PE for theory related practical lessons where exam content is delivered through practical based methods.

**Home Learning and Guided Learning:**

You will be set home learning tasks and guided learning tasks to be completed beyond the timetable PE lessons. This is to ensure full coverage of the syllabus, to consolidate classroom learning, practise exam technique and develop independent study skills. It is important that this work is completed in line with the deadlines set by teaching staff.

**Wider Reading:**

One of the best ways you stand out during your Sixth Form studies is through the amount of independent study you undertake outside of the classroom. Regardless of your future plans, the ability to extend yourself and research independently into your interests is an invaluable skill – this will support your university applications and/or future job applications and interviews. All universities expect more than just classroom knowledge, which is where supercurricular activities come in; these are academic enrichment tasks that show you are interested in your studies beyond what is on the school syllabus.

This ‘Discovery List’ has been put together to help you develop your interests not only in you chosen fields of study, but also in the wider world around you.

Books:

 Bevis,P & Murray,M. AQA AS Physical Education (2008) Nelson Thornes.

 Roscoe D, Davis B, Roscoe J. AS Revise PE for AQA (2010) Jan Roscoe Publications

 Bizley, K. AQA Physical Education (2009) Nelson Thornes.

 Clegg, C. Exercise Physiology And Functional Anatomy (1995) Feltham Press

 Walder, P. Mechanics And Sport Performance (1998) Feltham Press (1998)

 Burrows, S. Byrne, M. Young, S. AQA AS Physical Education Student Revision Guide (2008) Philip

Allan Updates

 Wiggins-James, N. James, R. Thompson, G. AS PE for AQA (2005) Heinemann

Also

 Sports rule books and coaching guides

 Sports Biographies/Autobiographies

Journals

 Journal of Sports Sciences

 Journal of Sport & Social Issues

 All sports magazines will offer a view on performing, coaching, science, current issues or history of

sport(s). They are therefore valuable wider reading material

 National newspapers. The sports pages report global events and the biggest issues

TV

 Sky sports news

 Live sport – watch local, national and global events.

 Sports biographies and ‘day in the life of’ programs give an excellent insight into the world of the elite athlete

Websites

 [www.mypeexam.com](http://www.mypeexam.com)

 [www.sportengland.org](http://www.sportengland.org)

 [www.brianmac.co.uk](http://www.brianmac.co.uk)

 NGB websites o e.g. The FA www.thefa.com, The RFU [www.rfu.com](http://www.rfu.com) etc.

Live sport

 Active involvement in a sports club or team is essential.

 Go to live sports fixtures and events – This is fun and may help your grades!

**The Future**

Educational Progression and Career Opportunities from A Level PE are wide ranging and include:

Physiotherapy, Professional Athlete, Leisure and Tourism, Sports Development, Sports Psychology, Osteopathy, Chiropractor, Sports Journalist, Sports Manager, Sports Administration and Teaching.

Department staff are able to offer advice and support to students on making choices about further courses and the application process. We have good links with local universities and organise an annual trip to the Sport Science labs of Greenwich University for a Sports Science taster day. We also try to invite back ex-students to share their experiences of the various course that they have studied with you.

**YEAR ONE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Term** | **Paper 1 - Factors affecting participation in physical activity and sport** | **Paper 2 - Factors affecting optimal performance in physical activity and sport** | **NEA** | **Assessments** |
| Summer Project | Skill continua and classification | Diet and nutritionPerformance Enhancing Drugs | N/A | N/A |
| 1Sept – Oct |  | **Section A:**Diet, supplements and glycogen loading | Ongoing outside of lesson. Students to record competitive evidence and submit | Baseline assessment in Week 4 |
| **Section B:**Skill continuum and transfer of learning |  |
|  | **Section C:**Performance enhancing drugs and issues surrounding their useViolence in Sport |
| **Baseline assessment Review** | **Baseline assessment Review** |
| 2Nov – Dec | **Section A:**Energy systems: ATP, ATP/PC, Lactate, Aerobic.OBLA, Lactate threshold |  | Ongoing outside of lesson. Students to record competitive evidence and submit | Assessment week = Week 5 |
| **Section B:**Guidance and Feedback |  |
|  | **Section C:** Sport and the LawEthics in Sport: amateurism, sportsmanship vs gamesmanship, deviance |
| **Assessment Review** | **Assessment review** |
| 3Jan - Feb | **Section A:**Measuring energy expenditure: calorimetry, RER, lactate sampling, VO2 maxEPOC | **Section A:**Training methods: Circuit, continuous, weight, fartlek, PNF, Interval, HITT, SAQData use | Ongoing outside of lesson. Students to record competitive evidence and submit | N/A |
|  | **Section B:**Motivation: Types, Achievement Motivation (NaF and NaCH, Achievement Goal theory, Approach Behaviour |
| **Section C:** Sport and society: Pre 1780 |  |
| 4Feb – March |  | **Section A:**Principles of trainingLAQ practise | Ongoing outside of lesson. Students to record competitive evidence and submit | Assessment week = Week 4 |
|  | **Section B:** ArousalAnxietyStress Management |
| **Section C:** Sport and society: 1780 – 1900 |  |
| **Assessment Review** | **Assessment review** |
| 5March - April | **Section A:**Movement analysis: bones, muscles, contractions, joints, planes and axis | **Section A:**Warm up, cool down and stretching.Periodization | Ongoing outside of lesson. Students to record competitive evidence and submit | N/A |
|  | **Section B:**Self-efficacyGoal setting |
| **Section C:**Sport and society: Post WWII - present |  |
| 6May - July | **Trial Exam Preparation**Written coursework AO2 and 3 analysis**Trial Exam Review** | **Trial Exam Preparation**Written coursework AO2 and 3 analysis**Trial Exam Review** | NEA written coursework on AO2 and AO3 analysis Deadline = end of summer term | Trial Exams = Week 3 + 4 |

**YEAR 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Term** | **Paper 1 - Factors affecting participation in physical activity and sport** | **Paper 2 - Factors affecting optimal performance in physical activity and sport** | **NEA** | **Assessments** |
| 1Sept – Oct |  | **Section A:** Levers, Newtons Laws, Linear motion, Angular motion | AO2 and AO3 analysis returned with feedbackAO2 evaluation produced – hand in end of half term | N/A |
| **Section B:**Information ProcessingModels of Information Processing – Part 1 |  |
|  | **Section C:**Concepts of SportDevelopment of Elite Performers |
| 2Nov – Dec |  | **Section A:** Fluid mechanicsProjectile motion | AO2 evaluation returned with feedbackAO3 evaluation produced – hand in end of half term | Trial Exams 1 = Week 1 and 2 |
| **Section B:**Models of information processing – Part 2Structure of practise |  |
|  | **Section C:**Commercialisation and the media |
| **TRAIL EXAM 1****TRAIL EXAM -Review** | **TRAIL EXAM 1****TRAIL EXAM -Review** |
| 3Jan - Feb | **Section A:**Cardio Vascular System |  | AO3 evaluation returned with feedbackComplete AO2 and AO3 weaknesses handed in after improvements  | N/ATargeted interventions begin |
|  | **Section B:**PersonalityAttitudesAggression |
| **Section C:**Equal Opportunities: Sport and Society, Minority Groups |  |
| 4Feb – March | **Section A:**Respiratory System, including altitude training |  | Complete AO2 and AO3 weaknesses returned with feedbackFINAL VERSIONS handed in end of half term | Trial exams 2 = Week 1 and 2 |
|  | **Section B:**GroupsLeadershipAttributionSocial Facilitation |
| **Section C:**Equal Opportunities: Role of Sport England, local and national partners |  |
| **TRIAL EXAM 2****Trial exam review** | **TRIAL EXAM 2****Trial exam review** |
| 5March - May | **Section A:**Neuromuscular System, including: PNF, Plyometrics | **Section A:**Injury: types, prevention, rehabilitation and recovery | Final marking of NEA written and practical elementsExternal Moderation | N/A |
| **Section B:**Theories of learning |  |
|  | **Section C:**Technology and sport |
| **Exam Preparation** | **Exam Preparation** |
| 6May - July | **Exam Preparation**EXAMINATION | **Exam Preparation**EXAMINATION | COMPLETE | COMPLETE |