



# PHYSICAL EDUCATION

## Examination Board

- AQA - 2 Year Linear A Level Course

## Year 1

Paper 1 – 2 hour exam. This is sat in April, and will be an internally set and marked exam used as a guide for universities and employers as A Level PE can only be studied as a 2 Year linear course. Lessons are classroom based with practical elements when possible. Areas covered are:

Section A: Applied anatomy and physiology  
Section B: Skill acquisition  
Section C: Sport and society

## Year 2

Paper 1 – 2 hour exam. This is sat in June and contributes 35% to the overall A level grade. Lessons are classroom based with practical elements when possible. Topics were covered in Year 1 but revised throughout the course:

Section A: Applied anatomy and physiology  
Section B: Skill acquisition  
Section C: Sport and society

Paper 2 - 2 hour exam. This is sat in June and contributes 35% to the overall A level grade. Lessons are classroom based with practical elements when possible. Areas covered are:

Section A: Exercise physiology and biomechanics  
Section B: Sport psychology  
Section C: Sport and society and technology in sport

Practical based assessment – 30% of the A level, split into two parts.

- 15% = Practical performance **or** coaching in your chosen sport in **full competitive situations**. Video evidence is required. This will be marked by teaching staff and moderated by the exam board in Year 2
- 15% = Coursework in the form of a written analysis. This will be marked by teaching staff and moderated by the exam board in Year 2

## Useful websites / reading materials

- Class text book - AQA PE for A level year 1 - Authors: Carl Atherton / ISBN-13: 9781471859564
- Class text book - AQA PE for A level year 2 - Authors: Carl Atherton/ ISBN-13: 9781471859595
- Web site - <https://www.aqa.org.uk/subjects/physical-education> This is an excellent site that gives free access to past papers and mark schemes as well as other support such as links to other useful site such as Sport England and revision tips.



### Recommended study

- Students will be continually tested throughout the course and will be exposed to all past papers and mark schemes getting them familiar with the terminology that is required at A Level. Questions will be regularly set for homework. Half an hour an evening can be very beneficial going through notes or doing the short answer questions to ensure students have an understanding of the topic covered that day.
- We run revision sessions after school and at lunch time from November onwards to help prepare for the examination and encourage students to attend as many as they can.
- Watching current sports programmes such as Sky News is also helpful as it often has up to date information about new initiatives in sport, such as the latest issues with drug scandals. Also there are many programmes that analyse the skills of top athletes such as Dina Asher-Smith or Harry Kane that can help students relate to their own performances.
- It is essential that students are involved in their chosen sport throughout their A Level studies to enable them to gain meaningful video evidence of their personal performances or coaching in fully competitive situations.

