

YEAR 12 SUBJECT INFORMATION

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A LEVEL PE EDEXCEL (2016)



AFTER READING THROUGH YOU WILL KNOW....

- Expectations
- Course structure, assessment methods, exam weighting etc...
- Key resources
- Advice and guidance for parents/carers
- Advice and guidance for students success



THE 'NUTS AND BOLTS' - A LEVEL PE

- 10 lessons per cycle
- 4 components to complete;
 - 1: Scientific Principles of PE
 - 2: Psychological & Social Principles of PE
 - 3: Practical Performance
 - 4: Controlled Assessment

'PE is an option but your commitment is compulsory'



COMPONENT 1: SCIENTIFIC PRINCIPLES OF PHYSICAL EDUCATION

Component 1: Scientific Principles of Physical Education

- Written examination: 2 hours and 30 minutes
- 40% of the qualification
- 140 marks
- Content overview
 - Topic 1: Applied anatomy and physiology
 - Topic 2: Exercise physiology and applied movement analysis
- Assessment overview
 - The assessment comprises two sections:
 - Section A .Applied anatomy and physiology and
 - Section B . Exercise physiology and applied movement analysis.
 - The assessment consists of short answer, long answer and extended answer questions.



COMPONENT 2: PSYCHOLOGICAL AND SOCIAL PRINCIPLES OF PHYSICAL EDUCATION

Component 2: Psychological and Social Principles of Physical Education

- Written examination: 2 hours
- 30% of the qualification
- 100 marks
- Content overview
 - Topic 3: Skill acquisition
 - Topic 4: Sport psychology
 - Topic 5: Sport and society
- Assessment overview
 - The assessment comprises two sections:
 - Section A . Skill acquisition and sport psychology
 - Section B . Sport and society
 - The assessment consists of short answer, long answer and extended answer questions.
 - There are 4 x 15 mark questions in this paper – **extended writing technique is crucial.**



COMPONENT 3: PRACTICAL PERFORMANCE

Non-examined assessment: internally assessed, externally moderated

- 15% of the qualification
- 40 marks

Content overview

- Skills performed in **one** physical activity as a player/performer, **or**
- Skills performed in **one** physical activity as a coach

Assessment overview

- Each activity has a bespoke criteria out of 40
- The assessment will be internally marked by the centre and externally moderated by Pearson.
- The assessment consists of students completing one physical activity from the set list
- Students can be assessed in either the role of player/performer or coach
- Students must submit a **DVD to evidence** them fulfilling all aspects of the set criteria in a **competitive situation/environment**



15%

COMPONENT 3: PRACTICAL ACTIVITY LIST

Amateur boxing
 Association football *Cannot be five-a-side or futsal.*
 Athletics *Can be assessed in one event from the disciplines of either T or F Race walking and cross country are not a permitted*
 Badminton
 Basketball *Cannot be 'street basketball'*
 Camogie
 Canoeing
 Cricket
 Cycling *Track or road cycling only.*
 Dance *Acceptable dances include: ballet, ballroom, contemporary/modern, hip-hop, jazz, salsa, street*
 Diving *Platform diving*
 Equestrian *Can be assessed in either show jumping, cross country or dressage*
 Gaelic football
 Golf *Must have an official handicap card*
 Gymnastics *Floor routines and apparatus only.*
 Handball
 Hockey *Must be field hockey, not ice or roller hockey*
 Hurling
 Kayaking
 Lacrosse
 Netball

Rock climbing *Can be indoor or outdoor.*
 Rowing
 Rugby league *Cannot be tag rugby.*
 Rugby union *Can be assessed as sevens or fifteen a side. Cannot be tag activity*
 Sculling
 Skiing Outdoor/indoor *On snow. Must not be dry slopes.*
 Snowboarding Outdoor/indoor *On snow. Must not be dry slopes.*
 Squash
 Swimming *Not synchronised swimming.*
 Table tennis
 Tennis
 Trampolining
 Volleyball
 *Blind cricket, Boccia, Goal ball, Powerchair football, Polybat, Table cricket, Wheelchair basketball, Wheelchair rugby

**The specialist activities are available only to those students with a physical disability, and in line with entry criteria set out by that activity's National Governing Body. If a student is classified then they should be assessed within the classification based on the relevant activity's National Governing Body classification criteria.*



COMPONENT 4: CONTROLLED ASSESSMENT

Non-examined assessment: internally assessed, externally moderated

- 15% of the qualification
- 40 mark written response

Content overview

- In the role of player/performer or coach **analyse two components of a physical activity**
 - one physiological component and either a tactical or technical component
- In the role of player/performer or coach analyse, implement and evaluate a Performance Development Programme.

Assessment overview

- The assessment will be internally marked by the centre and externally moderated by Pearson.
- The assessment consists of students producing a Performance Analysis and then developing a Performance Development Programme.
- Students can be assessed in either the role of player/performer or coach.
- There is separate assessment criteria for the Performance Analysis and the Performance Development Programme.



15%

A LEVEL PE EXPECTATIONS

1. If you are off or away for a lesson(s) then it is your responsibility to catch up on the work missed. Speak to class members and be proactive in doing this. “I wasn’t here so I didn’t know what to do” – NOT an excuse.
2. Every lesson you must be prepared to discuss, argue (nicely), evaluate, reflect and progress.
3. Get in to a routine of adding your own information off the back of each lesson. E.g add to your notes, improve the mind maps, re-write the answers.
4. Come in to the lesson with a smile!
5. If you are unsure about ANYTHING then please ask us straight away.
6. After every lesson the teacher will email work that needs completing and a copy of any relevant powerpoints for each lesson.
7. Pupils should also save emails in a specific folder and on their shared area for resources.



How can I be a proactive independent learner in A Level PE?

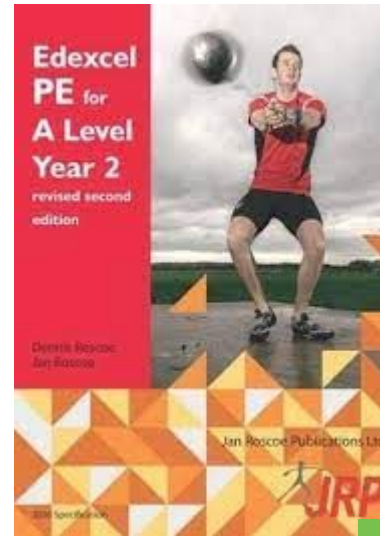
Embedded Assessment Objectives	A01	A02	A03
After each lesson	<ul style="list-style-type: none"> Recap 5 key words from each lesson Write 5 questions with answers from each lesson If you didn't get it this lesson what question are you going to ask your teacher? 	<ul style="list-style-type: none"> How many different sports can you apply today's learning to? Are you able to compare these sports to others? 	<ul style="list-style-type: none"> Were your verbal responses detailed enough? Did you challenge other people's responses in the lesson?
Each week	<ul style="list-style-type: none"> Update/ Add to your Mind Maps Answer at least 2 Exam Questions without notes. Have you incorporated wider research in to your notes? Try using journals, internet articles, youtube videos. 	<ul style="list-style-type: none"> Test yourself on 10 key words a week from the specification Key Terms. Have you <u>analysed</u> your exam question responses? How could you have improved them? 	<ul style="list-style-type: none"> Was judgment and opinion included in your exam question and stretch and challenge responses? Have you evaluated your knowledge with the PLC?
Embedded Exam Preparation	Point	Evidence/Explain	Analyse
Approaching an Assessment	<ul style="list-style-type: none"> Check the topics for the assessment. Using your PLC rate your confidence on each topic. Focus your revision on your lowest confidence areas first. Try to use a variety of revision strategies (Mind maps, Cue Cards, Questions, Youtube Videos) If you are not confident on a topic make sure you either speak to your teacher or you send them an email with your questions 	<ul style="list-style-type: none"> Have you created a revision timetable? Write out 10 questions per topic and quiz yourself on them. Have you revised previous exam question responses? Are you aware of the key sports that may be identified within the specification? Can you apply what you are revising to different sports? 	<ul style="list-style-type: none"> Are you familiar with the A03 criteria? Have you practiced your exam questions within a specific time limit? Can you give a balanced argument for that topic area? Have you got a bank of pro's and con's for that topic?
After an assessment	<ul style="list-style-type: none"> Did you revise enough? Did you revise the correct topics? Did you check my sporting examples? Did you use correct terminology throughout? Did you use P - E - A on my extended answers? 	<ul style="list-style-type: none"> Did you prepare well? Have you improved your answers in green pen? What were the key words you forgot? How well did you apply my knowledge to sporting examples? Use of P - E - A? 	<ul style="list-style-type: none"> Are your responses improving? Percentage increasing? Focus your revision on the topics you found challenging. Have you updated your PLC? Use of P - E - A?



A Level PE – RESOURCES

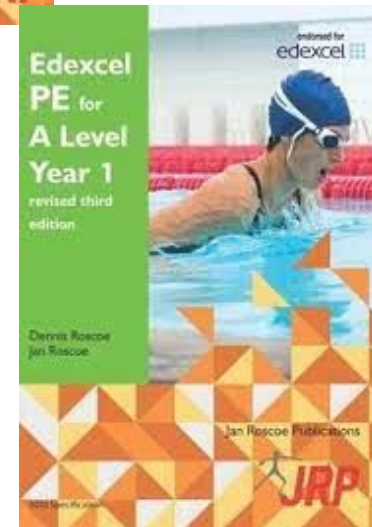
Student Book

https://www.amazon.co.uk/s?k=edexcel+a+level+pe&ref=nb_sb_noss_2



Past Papers

<https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/physical-education-2016.coursematerials.html#%2FfilterQuery=category:Pearson-UK:Category%2FExam-materials>



Specification

<https://qualifications.pearson.com/en/qualifications/edexcel-a-levels/physical-education-2016.html>

