



North Halifax Grammar School – A Level Transition Work

A level Physical Education

Specification

AQA GCE Physical Education

<https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

Course Overview

Year 1 Subject Content	Year 2 Subject Content
<ul style="list-style-type: none">• Applied anatomy and physiology• Skill acquisition• Sport and society	<ul style="list-style-type: none">• Exercise physiology• Biomechanical movement• Sports Psychology• Sport and society and the role of technology in physical activity and sport

Practical Endorsement

There is a coursework component to the course. 15% practical performance and 15% written analysis and evaluation.

Recommended Reading / Revision

AQA A-level PE, Book 1 textbook (this book will be issued in school)

<https://www.pe4learning.com>

<https://www.brianmac.co.uk/>

<https://www.peakendurancesport.com/>

<https://www.teachpe.com/>

<https://www.pe4u.co.uk/>



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Transition work for Physical Education A level students

1. Bring to your first lesson evidence that you have logged on to the AQA.org.uk website and looked at the PE A Level section.

This should be in the form of the two practical sports that you hope to be examined on, including the list of the core skills that you will be examined on.

2. In order to help you answer the next task, check out the following BBC Link with Gaby Logan:

<http://www.bbc.co.uk/sport/0/32623320>



Usain Bolt and Hannah Macleod:

Discuss the following statement:

Nature or nurture? Are sporting champions born to win?

In order to answer the question, no more than one side of A4, you need to understand what the command word 'Discuss' means.

PEE: try to use **Point**, **Evidence** and **Explain** to answer the question.



3. Using diagrams and text analyse how the musculo-skeletal **and** lever systems operate at the right knee **and** ankle to achieve an effective take-off in long jump.