



## 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"><li>● Applied anatomy and physiology</li><li>● Skill acquisition</li><li>● Sport and society</li></ul>	<ul style="list-style-type: none"><li>● Exercise physiology</li><li>● Biomechanical movement</li><li>● Sports Psychology</li><li>● Sport and society and the role of technology in physical activity and sport</li></ul>

#### **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 [www.aqa.org.uk](http://www.aqa.org.uk) website and printed off the criteria for your sport.
2. Select a sporting skill – For example; a long pass in football, a shot in netball, a tumble turn in swimming etc.
  - You must then find the following information about that skill:
    - **Physiology**: Identification of joint type (s) and its movement range(s), identification of muscles involved and the type of movements and contractions.
    - **Biomechanics**: Importance/relevance of Newton's Laws in the performance and analyse lever systems in operation during the skill.
    - **Psychology**: Classification of the skill/technique on the skill continuum and information processing demands on the performance.
    - **Socio Cultural**: Discuss the activity/sport observed in relation to one of the following three aspects:
      1. Popular recreation
      2. Rational recreation in the 19th century
3. Put this information into a document and bring it to the first lesson.