

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 (NEA) to the course. 15% practical performance and 15% written analysis and evaluation. This process will begin in May of Year 12.

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 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 and put it into a document:
 - **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.
 - **Skill Acquisition**: 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. Create a sporting profile that includes the following:
 - A action shot of you performing in your main sport
 - Sporting achievements to date (over the past 2 years)
 - An example of your sporting week (including training sessions / fixtures)
 - Summary of your strengths and weaknesses in your sport
 - Include future sporting aspirations and goals