



Physical  
Education

# A LEVEL EXPECTATIONS

“ **SUCCESS** ALL  
DEPENDS ON THE  
**SECOND LETTER.** ”

**PREPARE early: learn as you go along. It will make life much easier come June 2019!**

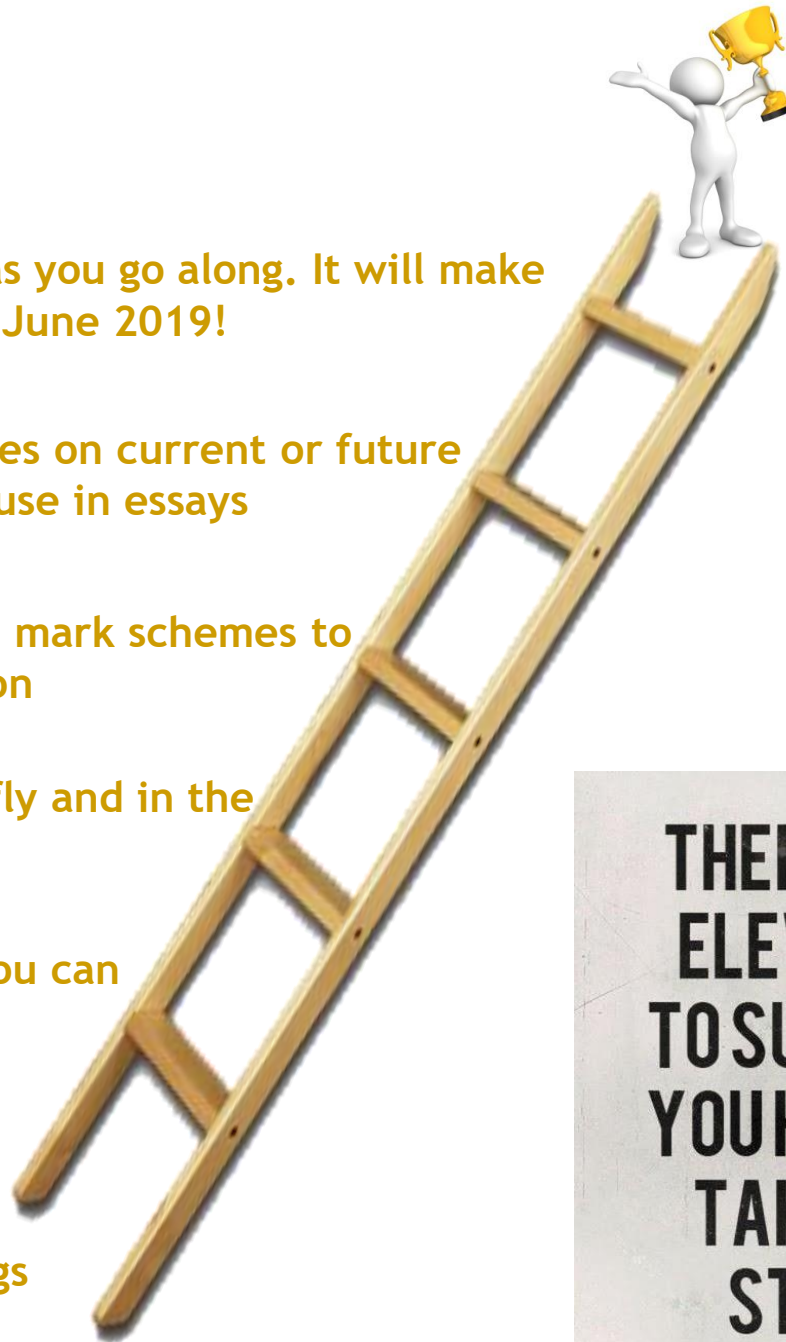
**Read / resource articles on current or future topics. Make notes & use in essays**

**Do extra questions and use mark schemes to mark them after each lesson**

**Use the resources on firefly and in the PEM: make your own!**

**Read ahead: check SOW so you can prepare for lessons**

**Re read notes after each lesson, make notes of things you don't understand**



**THERE IS NO  
ELEVATOR  
TO SUCCESS.  
YOU HAVE TO  
TAKE THE  
STAIRS**

# SEPTEMBER

By September you need to:

- ◉ Have decided whether you want to be assessed as a performer or as a coach (look at the spec on firefly <https://firefly.heathfieldschool.net/pe/a-level> to help make your decision)
- ◉ To have completed your summer work in preparation for our first lesson

# SUMMER WORK: A&P

- ◉ You will need to download a QR scan app onto your mobile. Scan the code below



- ◉ watch the video on the skeletal system and make notes on the key points - mind map might be good
- ◉ Once you have done this

# SUMMER WORK CONTINUED

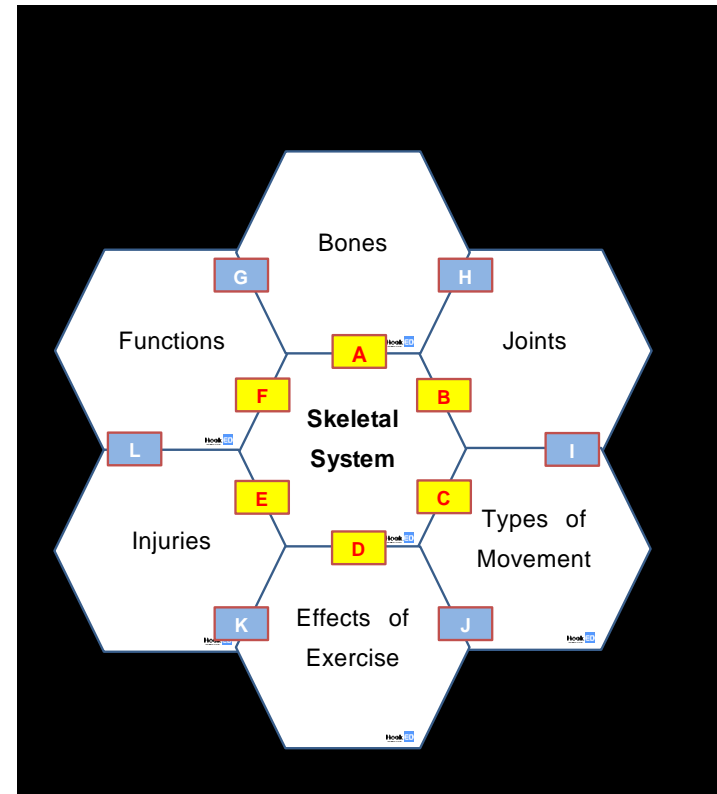
Explain how the centre hexagon is linked to each letter

A – F

Then explain / describe how G is linked to H (bones – joints)– H is linked to I & I to J etc

✓ If you can think of any other links to add on to the hexagons to increase the chain – Do it

The scan the bar code you might want to use this!



# SUMMER WORK: SKILL ACQ

- ◉ Watch live sport and analyse performance. Be prepared to discuss
- ◉ If possible, head to Surrey Sports Park to watch a live lacrosse match in The World Cup.

Watch a performer playing in a similar position to your own.

Analyse and make statistics on – successful play & use of communication (verbal & non-verbal).

- ◉ Make notes from the following link on Ability & Skill and attempt the 2 quizzes.

<http://www.teachpe.com/sports-psychology/skill-acquisition/>

- ◉ Extension: Continue to read through Teaching Methods & Teaching styles & attempt the quizzes.
- ◉ Read and be prepared to discuss article -  
<http://www.livestrong.com/article/174899-how-to-teach-a-5-year-old-to-ride-a-bike-without-training-wheels/>

# SUMMER WORK: SPORTS PSYCH

- ◉ Sports Personality

- find an article on ‘sports personality’
  - can we predict whether an individual is going to excel in sport by looking at / testing their personality?

- Come prepared to present your findings (format up to you)

- ◉ plenty of good articles

# COURSE LAYOUT

- ◉ Two year course with your exam at the end of the 2<sup>nd</sup> year
- ◉ Anatomy and Physiology- 30%
- ◉ Psychology- 20%
- ◉ Socio-cultural aspects- 20%
- ◉ Assessed practical- 30%



# ANATOMY AND PHYSIOLOGY

3 broad areas:

- ◉ Applied anatomy and physiology
  - ◉ Exercise physiology
  - ◉ Biomechanics
- 
- ◉ 2 hour written paper equalling 90 marks

# PSYCHOLOGICAL FACTORS

2 broad areas:

- ◉ Skill acquisition
- ◉ Sports psychology
  
- ◉ 1 hour paper equalling 60 marks

# SOCIO-CULTURAL ISSUES

2 broad areas:

- ◉ Sport and society
  - ◉ Contemporary issues in physical activity and sport
- 
- ◉ 1 hour paper equalling 60 marks

# PERFORMANCE IN PHYSICAL EDUCATION

You can be assessed in:

- ⦿ Performance or coaching practically

Coursework is:

- ⦿ Evaluation and Analysis of Performance for Improvement (EAPI)
- ⦿ This also equates to 60 marks