



**A-Level PE**

**Year 11 - 6<sup>th</sup> Form**

**Bridging Work**



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# Specification

We use the AQA exam board. The A-level PE specification can be found by visiting: <https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

## Course Assessment

The course is assessed through 70% examination and 30% coursework. The examinations are sat at the end of the course in year 13 and consists of 2, 2 hour papers that have a combination of short and long answers. The coursework is 15% assessment in one practical sport selected from a list (see page 4) and 15% written piece of coursework identifying and improving weaknesses from the chosen practical sport.

<b>Paper 1: Factors affecting participation in physical activity and sport</b>	<b>Paper 2: Factors affecting optimal performance in physical activity and sport</b>	<b>Non-exam assessment: Practical performance in physical activity and sport</b>
<b>What's assessed</b> Section A: Applied anatomy and physiology Section B: Skill acquisition Section C: Sport and society	<b>What's assessed</b> Section A: Exercise physiology and biomechanics Section B: Sport psychology Section C: Sport and society and technology in sport	<b>What's assessed</b> Students assessed as a performer or coach in the full sided version of one activity. Plus: written/verbal analysis of performance.
<b>How it's assessed</b> <ul style="list-style-type: none"> <li>Written exam: 2 hours</li> <li>105 marks</li> <li>35 % of A-level</li> </ul>	<b>How it's assessed</b> <ul style="list-style-type: none"> <li>Written exam: 2 hours</li> <li>105 marks</li> <li>35 % of A-level</li> </ul>	<b>How it's assessed</b> <ul style="list-style-type: none"> <li>Internal assessment, external moderation</li> <li>90 marks</li> <li>30 % of A-level</li> </ul>
<b>Questions</b> <ul style="list-style-type: none"> <li>Section A: multiple choice, short answer and extended writing (35 marks)</li> <li>Section B: multiple choice, short answer and extended writing (35 marks)</li> <li>Section C: multiple choice, short answer and extended writing (35 marks)</li> </ul>	<b>Questions</b> <ul style="list-style-type: none"> <li>Section A: multiple choice, short answer and extended writing (35 marks)</li> <li>Section B: multiple choice, short answer and extended writing (35 marks)</li> <li>Section C: multiple choice, short answer and extended writing (35 marks)</li> </ul>	



## Practical Sport (15% of course)

You are assessed in one sport from the list below. It is essential that you regularly compete in this sport. You will be assessed through video footage of your competitive performances that you will need to organise and arrange to be filmed across the course of the A-level. You are required to record multiple competitions/performances.

Activity	
Amateur boxing	
Association football	(C)
Athletics	
Badminton	
Basketball	
Camogie	
Canoeing	
(flat water)	
(white water)	
Cricket	
Cycling	(T)
Dance	
Diving	(F)
Equestrian	
Gaelic football	
Golf	
Gymnastics	(F)
Handball	
Hockey	(F) (T)
Hurling	

Activity
Kayaking
(flat water)
(white water)
Lacrosse
Netball
Rock climbing
Rowing
Rugby league
Rugby union
Sculling
Skiing
Snowboarding
Squash
Swimming
Table tennis
Tennis
Trampolining
Volleyball



## Entry Requirements

**Theory** – It is expected that you will achieve at least an average of grade 6 across the 2 theory GCSE PE papers. For those students who have not studied GCSE PE, it is expected that you achieved at least a grade 6 in single Biology or combined science.

**Practical** – It is expected that you compete in one sport from the A-Level activity list for a club outside of school.

## Recommended Partner Subjects

The following subjects compliment the study of A-level PE, where lots of topics studied overlap and will also overlap in future progression routes, for example Sport degree programmes:

Biology

Chemistry

Physics

Psychology

Sociology

Politics

History

Health and social care

Business studies



## Pathway to University and Careers

A Level PE is not an easy subject to take. It is certainly not an “easy option” and is recognised by all universities on a par with any Science A-level. Studying PE at A Level can be a useful 'stepping stone' towards a variety of career options in the sporting sector. However, due to its diversity and well respected theoretical foundations, there are many different career paths that the course can lead on to, not just sport related.

Some of the university options and related careers are listed in the table below:

University Degree Study	Careers
Sport and Exercise Science	Sport Performer
Sport Studies	Sports Coach
Sports Nutrition	Sport Psychologist
Sport Psychology	Nutritionist
Sport Coaching	Strength and conditioning coach
Sports Development	Sports Analyst
Sports Therapy	Sports Journalist
Sports Management	Sport Scientist
Leisure Management	Physiotherapist
Sports Analytics / technology	Sport Manager (Sport and Leisure industry)
Physiotherapy	Sports Development Officer
Physical Education Teaching	PE Teacher (Primary or Secondary)
	University Lecturer



# Bridging Work for summer 2020

## Recommended Watch List

Why not “Netflix and chill” whilst preparing yourself for A-Level PE! Here is a list of recommended list of programmes, Films and Series that you could watch to deepen your knowledge and understanding of Elite Sport and issues that we will study at A-Level PE.

**The English Game: Netflix** – A drama series that directly links to the sport history element of the course

**All or nothing: Manchester City (or any other ‘All or Nothing’ Series): Amazon Prime Video**  
An insight into elite sport. Links to all topic areas.

**The Test: Amazon Prime Video** – A series showing the journey of an elite national team.  
Links to all topic areas

**Andy Murray: Resurfacing: Amazon Prime Video** – A documentary showing Andy Murray’s recovery from injury. Links to the sport psychology and anatomy and physiology elements of the course.

**Icarus: Netflix** – Documentary film examining Russia’s use of drugs in sport. – Links to the society in sport topic

### Films:

**The Armstrong Lie** – Examines the use of drugs in cycling – links to the society in sport topic

## Recommended Reading List

### AQA A-level PE 1



Authors: Carl Atherton, Symond Burrows, Ross Howitt and Sue Young (Editor Mike Murray)  
Publisher: Hodder Education  
ISBN-13: 9781471859564  
Price: £24.99  
Publication date: July 2016 - out now  
Digital version - out now

### AQA A-level PE 2



Authors: Carl Atherton, Symond Burrows, Sue Young, Ross Howitt  
Publisher: Hodder Education  
ISBN-13: 9781471859595  
Price: £24.99  
Publication date: 25 November 2016  
Digital version available: 30 December 2016

We have a small amount of copies of these textbooks at school. If you wish to borrow them for the summer then please email to arrange this:

[i.corden@bluecoatschool.com](mailto:i.corden@bluecoatschool.com)



## Bridging Work

- 1) Complete the booklet that can be opened in this link:  
<https://bluecoatschool-my.sharepoint.com/:p:/p/cordeni/EScdJKHAofBHijMI0HfhaMQBGT8mFCO1tBa5otvAAaTXmA?e=1wpO1w>
- 2) Work through these presentations and attempt the exam questions that can be found here: <https://bluecoatschool-my.sharepoint.com/:f:/p/cordeni/EsN2U7k7BX1PvAY3jFz5A3gBiL6JPgmiPhMp2P2yrj9DRg?e=Std0hF>
- 3) Watch some of the recommended watch list
- 4) Read the recommended reading list
- 5) Read and attempt the example A-level PE exam papers shown below

## Exam Questions

Follow the link below to access a past A-level PE paper and attempt the questions having researched the answers from the above bridging work. There is also a mark scheme to check your answers.

<https://bluecoatschool-my.sharepoint.com/:f:/p/cordeni/Ev0wtQ-A2ZFIgVtkcAsU47EBVc29mj0vl3D IGMwhVnLCA?e=UeiORX>

## Support

If you have any further questions regarding A-level PE or anything in this booklet then please contact Mr Corden at: [i.corden@bluecoatschool.com](mailto:i.corden@bluecoatschool.com)