



# Welcome to A-level PE



# 2024 results



Average grade - C

60% A - C

93% A - D



# Our expectations

- ▶ Expectations are high in Physical Education.
- ▶ The transition from GCSE to A Level is challenging.
- ▶ This course requires commitment, hard work and dedication.
- ▶ This course requires you to have a commitment to playing and being involved in sport on a regular basis.
- ▶ Recommended grade 5 or above in GCSE PE.



# Academic Content - weighting of 70% exam and 30% non-examined assessment (NEA)

Components	Content	Assessment.
<b>Component 1:</b> Scientific principles of PE	<ul style="list-style-type: none"><li>- Applied anatomy and physiology</li><li>- Exercise physiology</li><li>- Applied movement analysis.</li></ul>	2 hours and 30 minutes 140 marks <b>40%</b>
<b>Component 2:</b> Psychological and social principles of PE	<ul style="list-style-type: none"><li>- Skills acquisition</li><li>- Sports psychology</li><li>- Sport and society</li></ul>	2 hours 100 marks <b>30%</b>
<b>Component 3:</b> Practical performance	<ul style="list-style-type: none"><li>- Skills performed as a player/performer or coach</li></ul>	40 marks <b>15%</b>
<b>Component 4:</b> Performance analysis and Personal Development Programme	<ul style="list-style-type: none"><li>- Performance analysis</li><li>- Personal Development Programme (PDP)</li></ul>	40 marks <b>15%</b>



# Organisation of lessons



- ▶ You will have 6 A-level lessons a week.
- ▶ ALL lessons will be theoretical (in the classroom).
- ▶ 3 lessons per week will be with NGO as the anatomy and physiology section has the largest content.
- ▶ Additionally, the practical performance and most of the coursework will be done/assessed with NGO, with a smaller section completed with THA.
- ▶ The other 3 lessons are split between THA and KHD and may change during the year (e.g. THA = 2 lessons and KHD = 1 lesson. Then swap later in the year).



# Examination content - NGO

## Component 1: Scientific Principles of Physical Education.

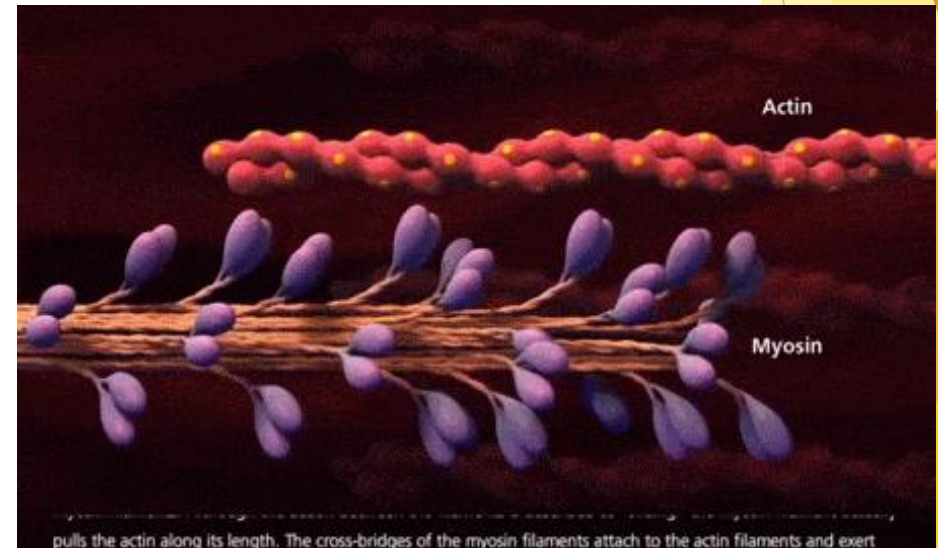
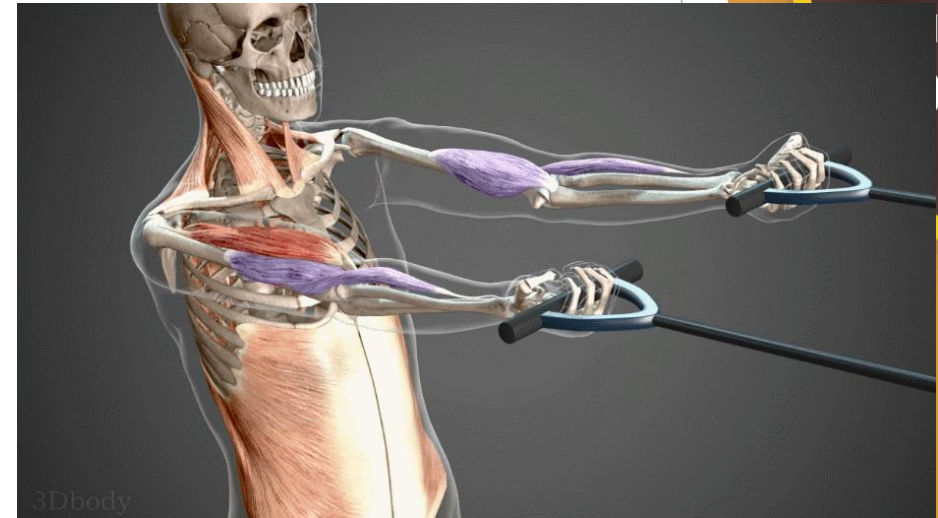
### Topic 1: Applied anatomy and physiology

#### 1.1 Muscular skeletal system

#### 1.2 Cardiorespiratory system and cardiovascular systems

#### 1.3 Neuromuscular system

#### 1.4 Energy systems: fatigue and recovery



# Examination content - NGO



## Component 1: Scientific Principles of Physical Education.

Topic 2: Exercise physiology and applied movement analysis

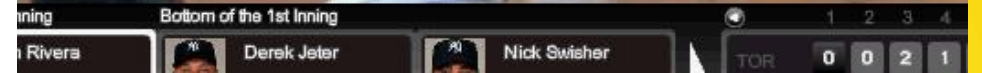
2.1 Diet and nutrition and their effect on physical activity and performance

2.2 Preparation and training methods in relation to maintaining and improving physical activity and performance

2.3 Injury prevention and the rehabilitation of injury

2.4 Linear motion and Angular motion

2.5 Projectile motion and fluid mechanics



# Examination content - THA



## Component 2: Psychological and Social Principles of Physical Education

### Topic 3: Skill acquisition

#### 3.1 Coach and performer

#### 3.2 The classification and transfer of skills

#### 3.3 Learning theories

#### 3.4 Practices

#### 3.5 Guidance

#### 3.6 Feedback

#### 3.7 Memory models





# Examination content - THA



## Component 2: Psychological and Social Principles of Physical Education

### Topic 4: Sport psychology

4.1 Factors that can influence an individual in physical activities

4.2 Dynamics of a group/team and how they can influence the performance of an individual and/or team.

4.3 Goal setting

4.4 Attribution theory

4.5 Confidence and self-efficacy

4.6 Leadership



# Examination content - KHD

## Component 2: Psychological and Social Principles of Physical Education

### Topic 5: Sport and society

5.1 The factors leading to the emergence and development of modern day sport

5.2 Globalisation of sport

5.3 Commercialisation of sport

5.4 Ethics and deviance in sport

5.5 The relationship between sport and the media

5.6 Development routes from talent identification through to elite performance

5.7 Participation and health of the nation



# Component 3 - Practical performance

- ▶ 15% of the qualification.
- ▶ 40 marks.
- ▶ Skills performed as a player/performer or coach
- ▶ We have a comprehensive list from Edexcel for the activities allowed - you must be playing that sport regularly!
- ▶ It is assessed through video recording
- ▶ You must record a FULL unedited game/performance as well as some structured drills that showcase the skills that are required to be shown.



## 2 Player/performer physical activities

Acrobatic Gymnastics\*  
Amateur Boxing  
Association Football  
Athletics – Field events  
Athletics – Track events and cross country  
Badminton  
Basketball  
BMX Cycling\*  
Camogie and Hurling  
Canoeing  
Cricket  
Cycling  
Dance  
Diving  
Equestrian  
Field Hockey  
Figure Skating – Men's and ladies' singles skating\*  
Figure Skating – Team\*  
Futsal\*  
Gaelic Football  
Golf  
Gymnastics  
Handball  
Ice Hockey\*  
Inline/Roller Hockey\*  
Kayaking  
Lacrosse  
Netball  
Rock Climbing  
Rowing  
Rugby League  
Rugby Union  
Sailing – Crew-based events\*  
Sailing – Single-handed dinghy\*  
Sculling – Singles  
Sculling – Team\*  
Skiing

# Practical activities

This list shows the activities that Edexcel allows to be used in component 3.

Coaching can be applied to all the physical activities in the list.

Snowboarding  
Squash  
Swimming  
Table Tennis  
Tennis  
Trampolining  
Triathlon\*  
Volleyball  
Water Polo\*  
Windsurfing\*  
**3 Player/performer specialist physical activities**  
Blind Cricket  
Boccia  
Goalball  
Power chair Football  
Polybat  
Table Cricket  
Wheelchair Basketball  
Wheelchair Rugby

## 4 Coach

You must be taking part in sport regularly.  
You must also base your coursework on this sport!



# Component 4 - Coursework

- ▶ 15% of the qualification.
- ▶ 40 marks.
- ▶ Completed in the role of either a performer or coach, you will investigate two components of a physical activity (one physiological and **either** a technical or tactical component)



Section	Marks
Performance analysis	10
Technical <b>OR</b> Tactical component	10
Personal Development Programme	10
Evaluation	10

# The coursework basics

The performance analysis is 1750 words and is done at the end of year 12. This is when you have learnt parts of the course needed to complete the work; methods of training, components of fitness, fitness tests etc.

The Performance Development Plan (PDP) is also 1750 words and is usually completed at the start of year 13; it requires 8 weeks of physical training to improve fitness for your main sport. The training is completed in your own time.



# Feedback from past students



Hey Sir, hope you're well and had a great summer.

Just want to say a massive thank you for all you taught me during A-level, I have to say that it has been the most beneficial lesson that I had that has helped me with my work out here. I'm studying Health Science: exercise and fitness and one of my main lectures "exercise science" I can honestly say without the work we did at A-level I would not understand a single thing that the professor is talking about. For example he talks about ATP and the Krebs cycle but he doesn't explain what it is, you're just expected to know what he is talking about, and the fact I knew what he was going on about and the person next to me didn't made me feel as if I had to tell you this to thank you!! Also he asked if anybody knew what V02 max was and I answered it correctly as I remember the story you told us when you was in a class and nobody knew! So even though I was disappointed with my B grade at A-level this particular lesson that I have, made me realise how much you actually taught me and how well I have remembered it thanks to your lessons. As my professor here is boring as hell it made me see how much I enjoyed your lessons and so if you ever want to say to your future classes how important your class is then feel free to use what I have just said in this email as an example!

Again thank you for all that you taught me as it is helping me greatly in being successful in my degree.

Best Regards

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# Feedback from past students



Hi Sir,

Just wanted to say a quick thank you for something you probably didn't think would be of much help, haha! When we did our Development Plans, you always made sure that we included references, and I know that you always pushed me to reference within my work, and use both direct and indirect quotes, figures, images etc. Whilst being at University, I have only had one assignment, but that was a written piece of work whereby I achieved 97%, the highest on the course. However, the feedback that I got was mostly to do with how good the referencing was throughout my work, and I wanted to say thanks for helping me with that in the first place, as otherwise I wouldn't know how to do it! I definitely think that this was down to all the practice I had referencing throughout my development plan - so thank you.

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# Feedback from past students



Hi Sir,

I just wanted to send you a short email to thank you and all the PE staff for inspiring me and putting me in the right direction to complete a degree in Physical Education. I have recently found out that I will be officially graduating with a first class honours, and want to thank you for everything you have helped me with and getting me where I am today.

I will be starting my PGCE in September and will hopefully catch up with you all soon!

Many thanks!

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# Feedback from past students



We would like to say a big **thank you** to you all for your hard work, support and encouragement you have given **\*\*\*\*\*** over the years.

He is really pleased to have achieved a B grade for PE and is now going on to Wolverhampton University to study BSc in Exercise and Health.

Wishing you all the best for the future and many good results!

Kind Regards

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# Future courses and careers

- ▶ UK Sports Industry worth £23.8 billion and holds nearly 1 million jobs
- ▶ Sport and physical activity contributes £39 billion to the UK's economy
- ▶ Students can go on to work at the cutting edge of elite sport. Jobs include:
  - ▶ supporting top athletes as sports scientists
  - ▶ sports psychologists
  - ▶ strength and conditioning coaches
  - ▶ sports therapists
  - ▶ coaches and in many other roles.
- ▶ Students may opt to pursue a career in teaching, community coaching or working within the health sector.
- ▶ **Opportunities in sport today are exciting and vast.**



# Questions?

If you have any further questions, please email me:

[ngould@stfrancis.cc](mailto:ngould@stfrancis.cc)



## 2 Player/performer physical activities

Acrobatic Gymnastics\*  
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Athletics – Field events  
Athletics – Track events and cross country  
Badminton  
Basketball  
BMX Cycling\*  
Canogie and Hurling  
Canoeing  
Cricket  
Cycling  
Dance  
Diving  
Equestrian  
Field Hockey  
Figure Skating – Men's and ladies' singles skating\*  
Figure Skating – Team\*  
Futsal\*  
Gaelic Football  
Golf  
Gymnastics  
Handball  
Ice Hockey\*  
Inline/Roller Hockey\*  
Kayaking  
Lacrosse  
Netball  
Rock Climbing  
Rowing  
Rugby League  
Rugby Union  
Sailing – Crew-based events\*  
Sailing – Single-handed dinghy\*  
Sculling – Singles  
Sculling – Team\*  
Skiing

Snowboarding  
Squash  
Swimming  
Table Tennis  
Tennis  
Trampolineing  
Triathlon\*  
Volleyball  
Water Polo\*  
Windsurfing\*

## 3 Player/performer specialist physical activities

Blind Cricket  
Boccia  
Goalball  
Power chair Football  
Polybat  
Table Cricket  
Wheelchair Basketball  
Wheelchair Rugby

## 4 Coach

# Practical activities

