



South Wilts Grammar School Physical Education

A LEVEL PE



Examination

You will sit 3 written papers at the end of the two years.

Paper 01 (30%) – 2 hours

Paper 02 (20%) – 1 hour

Paper 03 (20%) – 1 hour

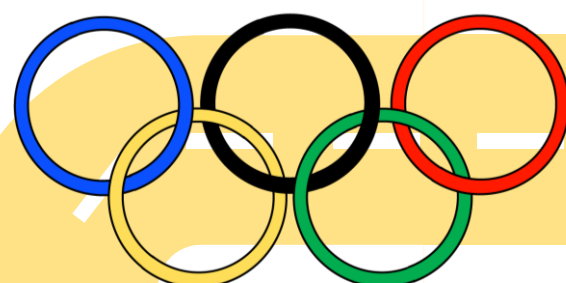
Practical performance

This component will assess core and advanced skills in one activity. This can either be in the role of a performer or coach.



Evaluating and Analysing Performance for Improvement

This component draws upon the knowledge, understanding and skills a learner has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity.



Socio-cultural issues in physical activity and sport (03)

This component will assess sport and society and contemporary issues in sport including; emergence and evolution of modern sport, global sporting events, ethics and deviance in sport, commercialisation and media and the impact of modern technology on sport.



Psychological factors affecting performance (02)

This component will assess skill acquisition and sports psychology including; classification and transfer of skills, types and methods of practice, stages and theories of learning, guidance, feedback, memory models, individual differences, group and team dynamics, goal setting, attribution, confidence and self-efficacy, leadership and stress management.



Physiological factors affecting performance (01)

This component will assess applied anatomy and physiology, exercise physiology and biomechanics including; Skeletal and muscular system, cardiovascular and respiratory system, energy for exercise, environmental effects on body systems, diet and nutrition, preparation and training methods, injury prevention and rehabilitation of injury, biomechanics of movement, levers and technology.

A LEVEL Physical Education Breakdown

Examination – 70%

Practical Performance (15%)

For your practical assessment you will be assessed in one activity taken from the approved list. This can either be in the role of a performer or coach

Evaluating and Analysing Performance for Improvement (15%)

This component consists of observing a live or recorded performance by a peer and then providing an oral response analysing and critically evaluating the performance.

Scan the QR cards to find out more information from the OCR specification on both the practical assessment and coursework.



SCAN ME



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Your A LEVEL Physical Education Journey starts here ...