



# A Level PE Summer Work

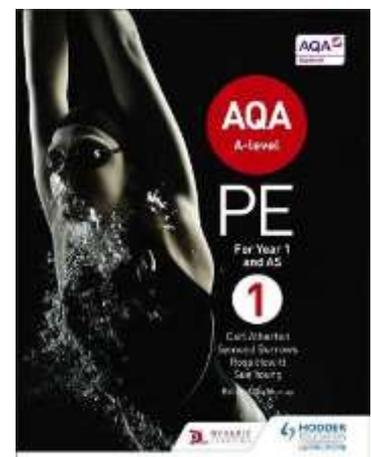


In order to get the most out of A Level PE you should do some studying to prepare you for September.

Paper 1: Factors affecting participation in physical activity and sport	Paper 2: Factors affecting optimal performance in physical activity and sport	Non-exam assessment: Practical performance in physical activity and sport
<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>	

As you can see above, the 2 A Level PE exams (Paper 1 and Paper 2) are split into 3 sections of different topics. You will start studying each section of the paper in September.

Please prepare when you can by purchasing the AQA A Level PE Book 1 and buy an A4 lever arch folder with 4 dividers. Name them 'Practical/Coursework', 'Section A', 'Section B' and 'Section C'. We recommend you start reading this textbook in your free time.



Please complete the work under the following sections. This work should take you around 4 hours in total to complete.

If you are an **internal** student of Presdales you will have already received an email to your school email address (check your junk too) from the 'Everlearner'. Please log in and you will see a number of assignments set to you which include watching videos, answering questions etc. I can see when assignments / tests are complete.

If you are an **external** student and wanting to study A level PE please email [dannl@presdales.herts.sch.uk](mailto:dannl@presdales.herts.sch.uk) and I can get you signed up to the Everlearner website to complete this bridging work.

### **Paper 1 Section A**

If you purchase the AQA A Level PE Book 1 please start by reading pages 1-16 which is the first topic in September.

Complete assignments on the Everlearner for topics

1. The Heart

### **Paper 1 Section B**

If you purchase the AQA A Level PE Book 1 please start by reading pages 48-81 which is the first topic in September.

Complete assignments on the Everlearner for topics

1. Characteristics of skill and skill continua
2. Transfer of learning
3. Methods of presenting practice and types of practice

### **Paper 1 Section C**

Read "Sport and the British" (Richard Holt) up to page 202. If you are unable to get hold of this book, please find the chapters as attachments.

Write a brief summary of each of chapters:

1. Old ways of playing
2. Amateurism and the Victorians
3. Living in the city: Working class communities

*Optional: Watch 'The English Game' on Netflix*

***Please bring all the work to the first lesson in September. Any questions please email [dannl@presdales.herts.sch.uk](mailto:dannl@presdales.herts.sch.uk)***