



A Level PE Summer Work



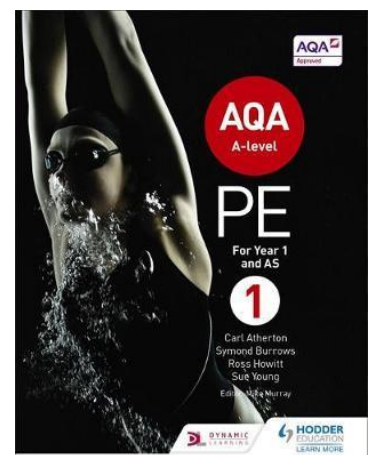
In order to get the most out of A Level PE you should do some studying to prepare you for September.

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

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 purchase a used but in good condition textbook from us for £10.



Please complete the work under the following sections.

Paper 1 Section A

Please read the AQA A Level PE Book 1 pages 1-16 which is the first topic in September.

1. Draw a diagram of the Heart and make a one page A4 summary sheet of any NEW information that you didn't cover at GCSE PE.

Paper 1 Section B

Please read the AQA A Level PE Book 1 pages 48-81 which is the first topic in September.

Create a one page summary sheet on A4 paper of the first few topics.

1. Characteristics of skill and skill continua
2. Transfer of learning

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 to discuss in September:

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 danni@presdales.herts.sch.uk