



A Level PE Summer Work



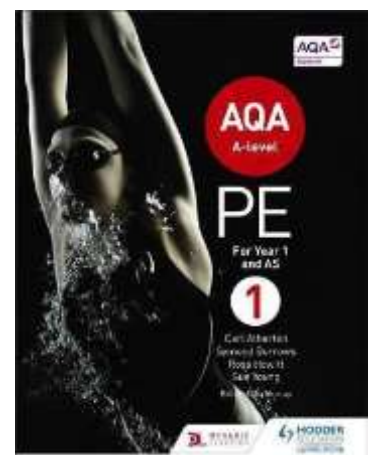
In order to get the most out of A Level PE you should do some studying to prepare you for September.

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.
2. Complete the pathway of blood diagram and table (below), showing the correct order the blood travels in and the function of each of the parts of the heart.

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 ldann@presdales.herts.sch.uk

