



A Level PE Summer Work



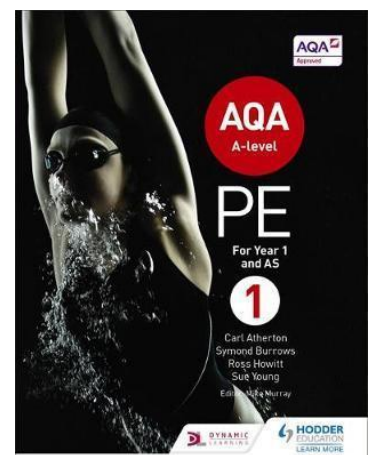
In order to get the most out of A Level PE you should do some studying to prepare you for September.

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		What's assessed		What's assessed
Section A: Applied anatomy and physiology Section B: Skill acquisition Section C: Sport and society		Section A: Exercise physiology and biomechanics Section B: Sport psychology Section C: Sport and society and technology in sport		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		How it's assessed		How it's assessed
<ul style="list-style-type: none"> Written exam: 2 hours 105 marks 35 % of A-level 		<ul style="list-style-type: none"> Written exam: 2 hours 105 marks 35 % of A-level 		<ul style="list-style-type: none"> Internal assessment, external moderation 90 marks 30 % of A-level
Questions		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) 		<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 following

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 eawad@presdales.herts.sch.uk