

Tarporley High School & Sixth Form College



A Level Physical Education Programme of Study

Exam Board: Edexcel

70% Examination

30% Non-Examined Assessment

Specification Overview



Components	Content	Assessment
Component 1: Scientific principles of PE	<ul style="list-style-type: none">Applied anatomy and physiologyExercise physiologyApplied movement analysis	2 hours and 30 minutes 140 marks 40%
Component 2: Psychological and social principles of PE	<ul style="list-style-type: none">Skills acquisitionSports psychologySport and society	2 hours 100 marks 30%
Component 3: Practical performance	<ul style="list-style-type: none">Skills performed as a player/performer or coach	40 marks 15%
Component 4: Performance analysis and Personal Development Programme	<ul style="list-style-type: none">Performance analysisPersonal Development Programme (PDP)	40 marks 15%

Assessment Objectives:



Objective		A level
AO1	Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport	20-25%
AO2	Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport	20-25%
AO3	Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport	20-25%
AO4	<ul style="list-style-type: none"> Demonstrate and apply relevant skills and techniques in physical activity and sport Analyse and evaluate performance 	30%

Topics:



Areas of Study	Key topics
Component 1	
Applied Anatomy and Physiology	Body Systems Biomechanics Energy Systems
Exercise Physiology and Applied Movement Analysis	Rehabilitation from Injury Linear and Angular Motion Diet and Nutrition Principles and Methods of Training
Component 2	
Skill Acquisition	Coach and Performer Transfer of Skills Learning Theories Guidance and Feedback Memory Models
Sport Psychology	Attribution Theory Confidence and Self-Efficacy Personality Social Facilitation Goal Setting
Sport and Society	Commercialisation Ethics and Deviance Sport and the Media Emergence of Modern Day Sport Equality Globalisation and Modern Olympics Barriers to Participation

Non-Examined Assessment (NEA):



Component 3: Practical Performance

Non-examined assessment

15% of the qualification

40 marks

Content overview

Skills performed as a player/performer or coach

Assessment overview

The assessment consists of students completing one practical activity from a set list as either a player/performer or coach



Component 4: Performance Analysis

Non-examined assessment

15% of the qualification

40 marks

Content overview

Performance analysis and Personal development programme

- Investigate two components of a physical activity (physiological and either technical or tactical)
- Produce an evaluation demonstrating strengths and weaknesses and areas for development of a performance
- Develop a PDP to optimise performance

Assessment overview

The assessment consists of students producing a Personal Analysis in their chosen activity

Course Literature:

- Roscoe & Roscoe (2016) 'AS/A1 Revise PE for Edexcel (third edition)', Jan Roscoe Publications ISBN 978-1-901424-88-1
- Roscoe & Roscoe (2017) 'A2 Revise PE for Edexcel (second edition)', Jan Roscoe Publications ISBN 978-1-911241-03-4

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