

A LEVEL PHYSICAL EDUCATION

ASSESSMENTS

PAPER 1

35% OF A LEVEL
2 HOUR WRITTEN EXAM
105 MARKS

SECTION A: APPLIED ANATOMY
AND PHYSIOLOGY
SECTION B: SKILL ACQUISITION
SECTION C: SPORTS AND SOCIETY

PAPER 2

35% OF A LEVEL
2 HOUR WRITTEN EXAM
105 MARKS

SECTION A: EXERCISE
PHYSIOLOGY AND BIOMECHANICS
SECTION B: SPORTS PSYCHOLOGY
SECTION C: SPORT AND SOCIETY /
TECHNOLOGY IN SPORT

PRACTICAL PERFORMANCE

30% OF A LEVEL
15% PERFORMER IN THE FULL SIDED
VERSION OF ONE ACTIVITY
15% WRITTEN ANALYSIS OF
PERFORMANCE

Sports

NON EXAM ASSESSMENT



A-level skills criteria for list of activities

The following table outline the practical requirements for each activity including the criteria/content for each area of assessment.

Activity	Comments	Area of assessment 1	Area of assessment 2	Area of assessment 3		
Amateur boxing		Attacking skills	Defensive skills	Tactics and strategies		
Association football	Cannot be five-a-side or futsal	Attacking skills	Defensive skills	Tactics and strategies		
Athletics		Event 1	Event 2	Tactics and strategies		
Badminton		Attacking skills	Defensive skills	Tactics and strategies		
Basketball		Attacking skills	Defensive skills	Tactics and strategies		
Canoeing		Attacking skills	Defensive skills	Tactics and strategies		
Canoeing (flat water)		Event/race 1	Event/race 2	Tactics and strategies		
Canoeing (white water)						
Cricket						
		Activity	Comments	Area of assessment 1	Area of assessment 2	Area of assessment 3
		Gaelic football		Attacking skills	Defensive skills	Tactics and strategies
		Golf		Short irons (7-wedges)/putting	Long irons (driver-6 iron)	Tactics and strategies
		Cycling		Gymnastics		
		Dance		Handball		
		Diving		Hockey		
		Equestrian		Hurling		
				Kayaking (flat water)		
				Kayaking (white water)		
				Lacrosse		
				Natball		
				Rock climbing		
				Rowing		
				Rugby league		
				Rugby union		

Activity	Comments	Area of assessment 1	Area of assessment 2	Area of assessment 3
Sculling		Race 1	Race 2	Tactics and strategies
Skiing	Outdoor/indoor on snow Must not be dry slopes	Race 1	Race 2	Tactics and strategies
Snowboarding	Outdoor/indoor on snow Must not be dry slopes	Race 1	Race 2	Tactics and strategies
Squash		Attacking skills	Defensive skills	Tactics and strategies
Swimming	Not synchronised swimming	Race 1	Race 2	Tactics and strategies
Table tennis		Attacking skills	Defensive skills	Tactics and strategies
Tennis		Attacking skills	Defensive skills	Tactics and strategies
Trampoline		Routine 1 (compulsory)	Routine 2 (voluntary)	Tactics and strategies
Volleyball		Attacking skills	Defensive skills	Tactics and strategies

Specialist activity	Comments	Area of assessment 1	Area of assessment 2	Area of assessment 3
Blind cricket		Batting skills	Bowling/fielding skills	Tactics and strategies
Bootsia		Throws at the jack	Blocking throws	Tactics and strategies
Goal ball		Attacking skills	Defensive skills	Tactics and strategies
Powerchair football		Attacking skills	Defensive skills	Tactics and strategies

Examples of Work

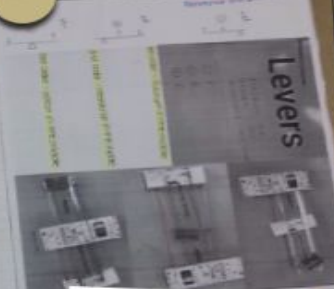
Levers

Classical Definition: A rigid body that pivots on a point, called the fulcrum, with forces applied to it.

Types of Levers:

- Class 1:** The fulcrum is between the effort and the load. (e.g. seesaw)
- Class 2:** The fulcrum is at one end, the load is in the middle, and the effort is at the other end. (e.g. heel of foot)
- Class 3:** The fulcrum is at one end, the effort is in the middle, and the load is at the other end. (e.g. bicep)

Class	Effort	Load	Fulcrum
Class 1	Can lift a heavy load	Small movement, can lift a heavy load	Between effort and load
Class 2	Large range of movement	Can lift a heavy load	Between effort and load
Class 3	Large range of movement	Can lift a heavy load	Between effort and load



Newton's Second Law

$F = ma$

Force = mass × acceleration

Diagram showing a car accelerating from rest, with a graph of velocity vs. time.

Newton's First Law

An object will remain at rest or in uniform motion in a straight line unless acted upon by an external force.

Newton's Third Law

For every action, there is an equal and opposite reaction.

Diagram showing a person jumping, with arrows indicating the forces of action and reaction.

Newton's Laws

Newton's First Law: An object at rest stays at rest and an object in motion stays in motion with the same speed and in the same direction unless acted upon by an unbalanced force.

Newton's Second Law: The acceleration of an object is directly proportional to the net force acting on it, and is in the same direction as the net force.


Newton's Third Law: For every action, there is an equal and opposite reaction.



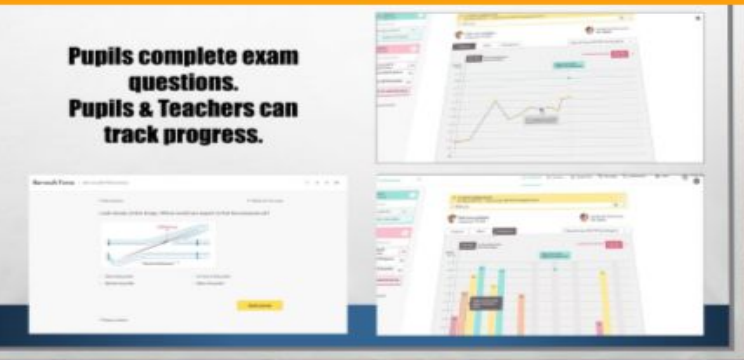
A Level PE

The EverLearner

Student's watch tutorials on selected topic areas



Pupils complete exam questions. Pupils & Teachers can track progress.



2019 Revision

Insanity

Task 1

Complete the insanity workout (MAX INTERVAL PLYO).

Task 2

What is Plyo?

Task 3

Describe the common features of each movement.



Task 4


Create your own Plyo session.

History of Football

Task 5

Watch the video below and then create a storyboard detailing the key points.



 Formed in: 1863		

TOP TIP – You need to finish the storyboard.

Alberto Salazar: Doping In Athletics Documentary



Task 6

Watch the video and complete the flipped learning mat.

The flipped learning mat is a collection of interconnected boxes and sections:

- Top Left:** A box with a YouTube icon and the text "IMPORTANT DRAWINGS USED IN VIDEO".
- Top Middle:** A box with a globe icon and the text "LINKS TO OTHER TOPICS?".
- Top Right:** A box with the text "QUESTION I WANT TO ASK IN CLASS:" and a "Tweet" button with "107" next to it.
- Bottom Left:** A large box with a pencil icon and the text "GENERAL NOTE SCRIBBLES".
- Bottom Middle:** A box with the text "Topic" and "Title:". Below this is a box with the text "FLIPPED LEARNING MAT & FLM" and a "Wordle" icon with the text "GENERATE A WORD CLOUD OF KEY TERMS".
- Bottom Right:** A box with the text "KEY TERM" and "MY DEFINITION:". Below this is a box with the text "IN CLASS - NEW AND IMPROVED DEFINITION:". At the bottom right is a "Send" button.

At the bottom left of the mat, there is a "padlet" logo and the text "POST YOUR LEARNING TO PADLET".

If the video doesn't play use the link below:

<https://www.youtube.com/watch?v=NLfbqqAEKwo&t=2750s>

Newspaper Article



Task

Write a newspaper article about Alberto Salazar.