



# A-Level Physical Education Transition Pack

## Course Information and Summer Activities

***Note: To be completed summer 2018.***

Read through the enclosed resources and complete the tasks / questions where necessary.

At the beginning of the year 12/13 course you will be assessed on your knowledge and understanding of these areas via past exam questions.

The mark that you achieve within this assessment will act as an indicator as to your suitability to the A Level Physical Education course.

## Overview of the Qualification A-Level Physical Education

### Subject content:

1. Applied anatomy and physiology
2. Skill acquisition
3. Sport and society
4. Exercise physiology
5. Biomechanical movement
6. Sport psychology
7. Sport and society and the role of technology in physical activity and sport

### Assessments:

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

**Transition**

**Tasks**