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A Level Physical Education



Collingwood
College
BELIEVE SUCCEED

COLLINGWOOD SIXTH FROM COLLEGE

Prospectus booklet



Collingwood
College
BELIEVE SUCCEED

Collingwood sixth from college

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PRACTICAL COURSEWORK

It is expected that all students regularly attend an out of school club/team to support their practical activity and to film performances regularly.

All students are expected to work towards improving their own individual levels of fitness in terms of endurance, strength, flexibility and level of skill daily.

STUDY SKILLS

It is expected that all work submitted for marking will be neatly presented, either neatly hand written or word processed.

All answers should demonstrate evidence of background research work. This should include use of alternative text, (Library) and evidence of the use of the Internet where appropriate. It is not acceptable for students to copy other student's pieces of work.

All home learning should be completed once set for next lesson.

PLEASE NOTE:

There is an expectation that students undertake independent learning as an important part of this course.

Any student that submits a piece of work which is not considered of A-Level standard will be asked to re do that piece of work. All work should be submitted on time. Any student experiencing difficulty with work set should make an arrangement to see the teacher concerned before the deadline date in order to receive some help and guidance.

Expectations for course

A level P.E is a brilliant course that allows you to learn in detail about exercise science, psychology of performance, sport in our society and the history of sport.

Students that take P.E are independent workers with a very good work ethic. Students must be very interested in sport and topics within sport.

Theory 70% Practical/coursework 30%

The theoretical topics are:

- Applied anatomy and exercise physiology
- Biomechanical movement
- Skill acquisition
- Sport psychology
- Sport and society
- The role of technology in physical activity and sport

Our students need a minimum of 5 GCSEs at Grade 9 - 4 (or equivalent) including English, Mathematics and Science and PE if taken. Experience shows that your chances of success are higher in this subject if you have performed to a reasonable level (e.g. played for a club) as your practical skills will be tested extensively. If you are a skilled coach then you may be assessed on that basis rather than performance.

Getting Started with A Level Physical Education

What to expect?

Year 12

Paper 1: Factors affecting participation in physical activity and sport	+	Non-exam assessment: Practical performance in physical activity and sport
What's assessed Section A: Applied physiology Section B: Skill acquisition and sports 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• 84 marks• 70 % of AS		How it's assessed <ul style="list-style-type: none">• Internal assessment, external moderation• 90 marks• 30 % of AS
Questions <ul style="list-style-type: none">• Section A: multiple choice, short answer and extended writing (28 marks)• Section B: multiple choice, short answer and extended writing (28 marks)• Section C: multiple choice, short answer and extended writing (28 marks)		

“A level PE is a brilliant all round course that prepares you for university or a career in the sports industry.”

Assessment is linear. Linear means that the students will sit all their exams and submit all their non-exam assessment (NEA) at the end of the 2 years.

There will be two 2 hour exams at the end of the 2 years. Questions will be a combination of multiple choice, short answer and extended writing (70%).

Students are assessed as a performer or coach in a full sided version of 1 activity (15%).

They also have to do written/verbal analysis and evaluation of performance (15%).

Any questions or problems, please speak to Miss Robinson or Mr Beer.

These are the practical sports that are assessed:

Activity	Comments
Amateur boxing	
Association football	Cannot be five-a-side or futsal
Athletics	
Badminton	
Basketball	
Camogie	
Canoeing (flat water) (white water)	
Cricket	
Cycling	Track or road cycling only
Dance	
Diving	Platform diving
Equestrian	
Gaelic football	
Golf	
Gymnastics	Floor routines and apparatus only
Handball	
Hockey	Must be field hockey, not ice hockey or roller hockey
Hurling	

Activity	Comments
Kayaking (flat water) (white water)	
Lacrosse	
Netball	
Rock climbing	Can be indoor or outdoor
Rowing	
Rugby league	Cannot be tag rugby
Rugby union	Can be assessed as 7's or 15 a side (not tag)
Sculling	
Skating	Outdoor/indoor on snow Must not be dry slopes
Snowboarding	Outdoor/indoor on snow Must not be dry slopes
Squash	
Swimming	Not synchronised swimming
Table tennis	
Tennis	
Trampoline	
Volleyball	

Year 12 and 13

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 • Written exam: 2 hours • 105 marks • 35 % of A-level		How it's assessed • Written exam: 2 hours • 105 marks • 35 % of A-level		How it's assessed • Internal assessment, external moderation • 90 marks • 30 % of A-level
Questions • 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 • 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)		

A level Physical Education qualification allows students to play to their strengths and gain dynamic theoretical and practical skills for further education or work.

AQA have worked with teachers, higher education, the Youth Sport Trust and other subject experts to design our specifications.

The content allows students to have a well-rounded knowledge of Physical Education from Sports Science of exercise and physiology, technology in sport to Sociology of sport.