

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 to present an edited video before Christmas holidays.

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.

LIST OF ACTIVITIES

- Acrobatic gymnastics
- Amateur boxing
- Association football
- Athletics
- Badminton
- Camogie
- Canoeing
- Cricket
- Cycling
- Dance
- Driving
- Equestrian
- Figure skating
- Futsal
- Golf
- Gaelic football
- Gymnastics
- Handball
- Hockey
- Hurling
- Ice hockey
- Inline roller hockey
- Kayaking
- Lacrosse
- Netball
- Rock climbing
- Rowing
- Rugby league
- Rugby union
- Sailing
- Sculling
- Skiing
- Snowboarding
- Squash
- Swimming
- Table Tennis
- Tennis
- Trampolineing
- Triathlon

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

CONTACT US

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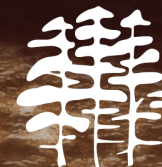
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Based in Barossa PE Office

A Level Physical Education



Collingwood
College
BELIEVE SUCCEED

GETTING STARTED WITH A LEVEL PHYSICAL EDUCATION

Paper 1: Factors affecting participation in physical activity and sport

What's assessed

Section A: Applied anatomy and physiology

Section B: Skill acquisition

Section C: Sport and society

How it's assessed

- Written exam: 2 hours
- 105 marks
- 35% of A Level

Questions

Section A, B and C are all multiple choice, short answer and extended writing (35 marks)

Paper 2: Factors affecting optimal performance in physical activity and sport

What's assessed

Section A: Exercise, physiology and biomechanics

Section B: Sport psychology

Section C: Sport and society and technology in sport

How it's assessed

Written exam: 2 hours

105 marks

35% of A Level

Questions

Section A, B and C are all multiple choice, short answer and extended writing (35 marks)

Paper 3: Non-exam assessment: Practical performance in physical activity and sport

What's assessed

Students assessed as a performer or coach in the full sided version of one activity

How it's assessed

Internal assessment, external moderation

90 marks

30% of A Level

HOW THE NEW ASSESSMENT WILL WORK

- The new A-level Physical Education will be 70% theory and 30% non-exam assessment (practical performance) of which 15% will be based on students assessed in the role of player/performer or coach and 15% will be analysis and evaluation of performance.
- Assessment of quantitative skills will represent a minimum of 5% of the overall A-level marks, allowing students to develop skills that are important for Higher Education or work.
- Papers will be divided into clear sections, helping students to see which part of the specification they are being assessed on.
- A familiar combination of multiple-choice, short and extended writing questions will be used across all exam papers.
- Students will focus their skills as they will only be assessed in one practical activity from the list provided by the DfE.

EXPECTATIONS OF THE COURSE

Students will be expected to take notes during theory lessons. They must bring their exercise book, file and textbook to every lesson.

Students are expected to conduct themselves in an appropriate manner during lessons by listening and not disturbing the learning of others.

Each student should keep an individual file for each component of the course. They should be able to quickly go to the last piece of work undertaken in a particular area.

Students are expected to summarise each lesson in their own words as part of the home study activity.

Students will be expected to add to lesson notes through independent research after every lesson to ensure the written file provides a sound basis for revision.

Home learning will be set after every lesson where appropriate. It is expected that all home learning must be completed before the next lesson. Any incomplete home learning will result in an extra supportive study session where any outstanding work will be completed. This will be held on a Friday after College in Barossa PE Office.

100% attendance is expected. If you are to miss a lesson for a genuine reason, your teacher must be notified. When students are absent they are expected to copy up relevant work and complete home study assignments prior to the next lesson.

Frequent absence or failure to catch up on work missed may result in the loss of your place on the course.