



SIXTH FORM

FRAMWELLGATE SCHOOL DURHAM

Preparation for A level PE

Specification:

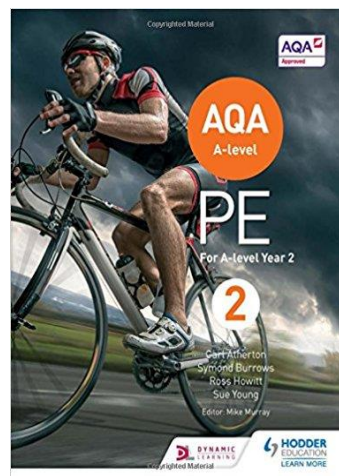
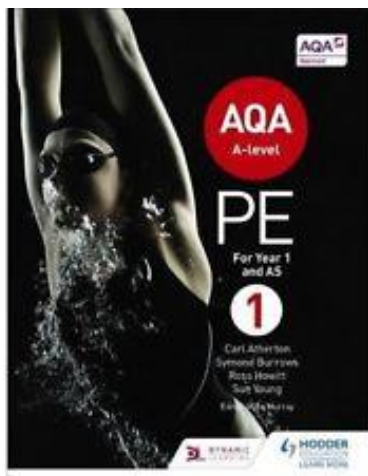
| Course Title | Physical Education | Exam Board | AQA |
|--------------|--|------------|--|
| Module | Title | Weighting | Assessment Method |
| Paper 1 | Factors affecting participation in physical activity and sport | 35% | Written exam 2 hours |
| Paper 2 | Factors affecting optimal performance in physical activity and sport | 35% | Written exam 2 hours |
| CWK | Practical performance in physical activity and sport | 30% | Internal assessment, external moderation |

Resources needed for the first lesson in September:

Lever arch file, file dividers, plastic wallets

Recommended Textbook/revision guide:

AQA A2 book 1 and 2



Task:

Using the tables on the next page, complete the following tasks –

1. **Decide upon the practical activity you will be marked on as part of your A2 PE course** (please note: the activity must come from the table below and you must be competing/training regularly in this activity in your own time – no lesson time will be given to this in Yr 12 or 13)
2. **For assessment area 1** e.g. attacking skills, list **4 strengths** and **4 weaknesses** of your own performance
3. **For assessment area 2** e.g. defending skills, list **4 strengths** and **4 weaknesses** of your own performance
4. **For assessment area 3** e.g. tactics and strategies, list **4 strengths** and **4 weaknesses** of your own performance

To see a list of the skills from **assessment area 1, 2 and 3** to help you list your strengths and weaknesses, use the below link and **download the specification**. **Use pages 37 onwards (there is a page for each sport with specific skills you can use to analyse your strengths and weaknesses)**

<http://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

5. **For each assessment area (1,2 and 3), pick your biggest strength and your main weakness** (the weakness that will improve your performance the most if addressed)

Example of how to display your work on a word document –

| Sporting activity: | | | | | |
|---------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <u>Assessment area 1</u> | <u>Assessment area 1</u> | <u>Assessment area 2</u> | <u>Assessment area 2</u> | <u>Assessment area 3</u> | <u>Assessment area 3</u> |
| Strengths | Weaknesses | Strengths | Weaknesses | Strengths | Weaknesses |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| Main strength | Main weakness | Main strength | Main weakness | Main strength | Main weakness |
| | | | | | |

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 one | Event two | Tactics and strategies |
| Badminton | | Attacking skills | Defensive skills | Tactics and strategies |
| Basketball | | Attacking skills | Defensive skills | Tactics and strategies |
| Camogie | | Attacking skills | Defensive skills | Tactics and strategies |
| Canoeing (flat water) (white water) | | Event/race 1 Downstream skills | Event/race 2 Upstream skills | Tactics and strategies |
| Cricket | | Batting skills | Bowling/fielding skills(incl. wicket keeping) | Tactics and strategies |
| Cycling | Track or road cycling only | Event/Race 1 | Event/Race 2 | Tactics and strategies |
| Dance | | Dance 1 | Dance 2 | Choreography |
| Diving | Platform diving | 6 dive routine | 6 dive routine | Tactics and strategies |
| Gaelic football | | Attacking skills | Defensive skills | Tactics and strategies |

| Activity | Comments | Area of assessment 1 | Area of assessment 2 | Area of assessment 3 |
|---|---|-----------------------------------|---------------------------------|------------------------|
| Golf | | Short irons (7-wedges)/ putting | Long irons (driver-6 iron) | Tactics and strategies |
| Gymnastics | Floor routines and apparatus only | Piece of equipment 1 | Piece of equipment 2 | Tactics and strategies |
| Handball | | Attacking skills | Defensive skills | Tactics and strategies |
| Hockey | Must be field hockey, not ice hockey or roller hockey | Attacking skills | Defensive skills | Tactics and strategies |
| Equestrian | | Flat work | Jumping | Tactics and strategies |
| Hurling | | Attacking skills | Defensive skills | Tactics and strategies |
| Kayaking (flat water) (white water) | | Event/race 1 Down water skills | Event/race 2 Up water skills | Tactics and strategies |
| Lacrosse | | Attacking skills | Defensive skills | Tactics and strategies |
| Netball | | Attacking skills | Defensive skills | Tactics and strategies |
| Rock climbing | Can be indoor or outdoor | Climb 1 | Climb 2 | Tactics and strategies |
| Rowing | | Bow side | Stroke side | Tactics and strategies |
| Rugby League | Cannot be tag rugby | Attacking skills | Defensive skills | Tactics and strategies |
| Rugby Union | Can be assessed as 7's or 15 a side (not tag) | Attacking skills | Defensive skills | Tactics and strategies |

| Activity | Comments | Area of assessment 1 | Area of assessment 2 | Area of assessment 3 |
|--------------|--|------------------------|-----------------------|------------------------|
| Sculling | | Sculling strokes | Sculling strokes | Tactics and strategies |
| Skating | 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 | Stroke/race 1 | Stroke/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 | | Volleyball | Defensive skills | Tactics and strategies |

Reading

| Title | Author |
|--|-------------------------------|
| The Theory and practise of Gamesmanship: The art of winning without cheating | Stephen Potter |
| The secret race: Inside the hidden world of the Tour de France: Doping, cover-ups and winning at all costs | Daniel Coyle & Tyler Hamilton |
| The dirtiest race in history | Richard Moore |
| Faust's Gold: Inside the East German doping machine | Steven Ungerleider |
| Manly and muscular diversions | Tony Money |
| Tom Brown's school days | Thomas Hughe |
| Long term athlete development | Istvam Balyi & Richard Way |
| The official history of the Olympic Games and the IOC: Athens to London 1894-2012 | David Miller |
| True Brits: A tour of Great Britain in all its Bog-Snorkelling, Shin-kicking and cheese rolling glory | J.R. Daeschner |
| Encyclopaedia of traditional British Rural Sports | Collins |
| Sport and the making of Britain | Birley |
| Inside Team Sky | Dave Walsh |
| Cycle of lies: The fall of Lance Armstrong | Juliet Macur |
| The Champions mind | Jim Afremow |
| The secret Olympian | Anon |

Deadline Date: Tuesday 4th September