



**Intent-** In Year 12 and 13 students will complete three elements of the course. They are required to demonstrate their performance in one sport as either coach or performer. Students will acquire knowledge from 4 theory units as prescribed by the EDUQAS exam board and this will be assessed in the form of 2 exams at the end of Year 13. Students will make links between knowledge, understanding and application of this theory content, referring to the specification outline. A range of skills within these key areas will be developed throughout each unit with repeated practice in preparation for their exam studies. Students are required to complete a piece of written work, whereby they analyse and evaluate their own performance and highlight the strengths and weaknesses. They will then refine their performance by applying theoretical knowledge learned throughout the course.

**A level PE**

**Develop theoretical knowledge of the factors that underpin physical activity and sport and use this knowledge to improve performance. Improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.**

**Year 12+13**

**Theory exam (70%)**

**Units 1-8** ongoing study across both years

**Practical exam (15%)**

ongoing study across both years

**NEA (Non-examined assessment) (15%)**

Practical & written element Term 3 of Year 10 and Term 1 of Year 11.

**Interleaving**

**Knowledge gained from the theory units will be revisited and applied through the practical and NEA elements of the course**

**Knowledge**

A range of key facts and ideas under the main unit headings of:

1. Exercise physiology, training and performance
2. Movement analysis, technology and biomechanics
3. Sport psychology
4. Skill acquisition
5. Sport and society

Key areas of knowledge vary based on the practical focus - see success criteria in the specification for each specific sport.

A range of key facts and ideas which include:

- Identify strengths and weaknesses in their performance
- Training methods
- Components of fitness
- Research into appropriate theoretical content

**Understanding**

Students will be able to show understanding by making contextual links between topics, using definitions and applying their knowledge to structured questions using sporting examples. They will also be able to make links between knowledge learnt to be able to review and interpret data-based questions.

Students will be able to show understanding by linking all of the success criteria together to maximise performance in their chosen sport.

Students will make links to understand strengths and weaknesses of a performance and show this understanding through creating an action plan in order to develop and enhance their weaknesses.

**Skills**

**Demonstrating, Analysing, Applying and Evaluating.**

**Formal Assessments**

End of unit Tests  
Mock exams

A filmed or live demonstration of performance in their sport.

Written piece of coursework evaluating a sporting performance

By the end of Year 13 students on course for at least a grade C will score at least 30/45 on NEA and practical performance. They will be able to recall and apply their knowledge and understanding of each theoretical unit.