



Shaftesbury School



A Level (GCE) Sport and Physical Education **Parents Pack**

This pack is designed for parents who are keen to learn about the A Level Sport and Physical Education course. We have presented this information pack to support your child's learning and to give valuable insight into what the course entails.

Introduction

This is an established course, which builds upon prior learning at GCSE level with a 70% theory and 30% practical workload. The sport based unit's focus on the science of human movement and what makes an elite performer.

Advantages of the A Level in Sport

- Prepares young people for careers in the sport's sector and industry
- Presents students with exercise science based knowledge that could lead to higher learning in the sport science, coaching or sport medicine or PE teaching field
- Provides education and training for sports related personnel who are employed in a variety of types of work such as, fitness, coaching and outdoor pursuits

- Prepares young people for higher education level learning through coursework, presentations and written examinations

Is this course suitable for my child?

The entry requirements for this course are 5 GCSE's at A-C grade or equivalent. This course is a natural progression from GCSE studies so a background in GCSE PE would be useful but not essential. A grade of C or above in GCSE Science is a minimum requirement to study the course due to scientific nature of some of the modules. All students on this course will gain the knowledge and skills necessary to study sport at degree or higher education level.

Which units will be covered and how is the course assessed?

The scheme of assessment has a modular structure. The A Level award consists of **three** units at AS level and a further **three** units at A2 level.

A breakdown of the individual units and insight into mark allocation and content are provided overleaf to allow you to see how the course progresses over two years

AS Level (Year 12)

Physiological and Psychological Factors which Improve Performance

In this unit, candidates come to a clear understanding of how the quality and effectiveness of a performance are influenced by physical and mental well being

Assessed through a written examination

Socio-Cultural and Historical Affects on Participation in Sport

This unit investigates major changes throughout history that have shaped sport as it is today. Culture and Heritage is explored in detail

Assessed through a written examination

Analysis and Evaluation of the Factors that Improve Performance

This is a practically based unit where students undertake a range of physical activities. This will focus on both the general principles of training designed to develop physical efficiency and functioning of the body in sports movement. Students will have to design a Personal Exercise Program (PEP) and carries considerable marks

Assessed through practical demonstration and written coursework

A2 Level (Year 13)

Physiological, Biomechanical and Psychological Factors which Optimise Performance

This unit allows the learner to gain a deeper understanding of the physics of motion and force that optimise sports performance. In addition, students will study the mental attributes that benefit elite performers

Assessed through a written examination

Factors Affecting the Nature and Development of Elite Performance

This unit allows students to study global trends that have led to mass participation and elite performance. The lessons will look at social and media influences on sport and the structure of UK and International sports.

Assessed through a written examination and a Synoptic Assessment

Analysis & Critical Evaluation of Factors which Optimise Performance

This units allows the learner to evaluate their own and other students performance through coursework. The Synoptic Assessment will

allow students to demonstrate their knowledge of all the collective units covered over the two years of the course. Students will be required to undertake a long term practical investigation including themselves as the coach and performer

Assessed through coursework and a Synoptic Assessment

How can you assist your child's learning?

We hope you can inspire your child from home and keep up to date with what they are doing. Every learner is different and every child works at a different pace. Some of the guided hours will be for students to spend time reading and researching at home. You know your child best and what motivates them. Here are some ideas on how you can help. These ideas are taken from educational research journals and were based on genuine feedback from parents.

- Speak to your child and find out what was covered in class today
- Was any additional work set? If so, can you help with it?
- How is this task being assessed, i.e.; exams / coursework / project?
- Spell check written work before they bring it back in to school
- Is a deadline for work on the horizon? If so, is your child on target?
- Have they backed up their work and loaded it onto their pen drive?
- Encourage your child to follow sport in the news to keep up with current trends and developments by keeping broadsheet news clippings

What does all the terminology mean?

Any new course brings with it new and strange codes, language etc. We have designed a de-coder to explain a few key words

NQF **National Qualifications Framework**
The Governments own grid to explain school based awards

AQA The exam board that designed and offer the course

GCE **General Certificate of Education**

AS **Advanced Subsidiary**
50% of the total course, 3 units covered in the first year

A2 The additional 50% of the course to make up the full A Level

- PEP** Personal Exercise Plan
- PED** Appear as PED 1 & 2 at AS and 4 & 5 at A2
They refer to each individual unit where an exam applies
- PE3P** Practical project in unit 3 of the AS (YEAR 1)
- PE6P** Practical project in unit 6 of the A2 (YEAR 2)
- PE3C** AS (YEAR 1) Project
- PE6C** A2 (YEAR 2) Project
- Guided Learning** The amount of time students will be taught in school. Also, work set to be done at home

Synoptic Assessment Students bring together their knowledge across the subject area AS & A2

How do I find out more information?

If you have any questions please don't hesitate to ask. Alternatively try www.aqa.org for a full specification of this course and other related courses and pathways to higher education