

Subject Assessment Information 2021 – A-Level Physical Education

Qualification	A level
Subject	Physical Education
Assessment length	45 minutes for each assessment (x6)

Topics and skills to be revised and assessed:

Assessment 1 – Wednesday 21st April: Paper 3 – Socio-cultural issues in physical activity and sport

- Commercialisation and media
- Routes to sporting excellence in the UK
- Modern technology in sport

Assessment 2 – Friday 30th April: Paper 1 – Biomechanics

- Biomechanical principles
- Levers
- Linear Motion
- Angular Motion
- Fluid Mechanics

Assessment 3 – Friday 7th May: Paper 2 – Psychological factors affecting performance skill acquisition

- Transfer of skills
- Principles and theories of learning movement skills
- Stages of learning
- Guidance
- Feedback

Assessment 4 – Friday 14th May: Paper 1 – Anatomy and Physiology

- Analysis of movement
- Muscle contraction during exercise
- Cardiovascular system at rest and during exercise of differing intensities and during exercise
- Respiratory system at rest and during exercise of differing intensities and during recovery
- Environmental effects on the body systems

Assessment 5 – Friday 21st May: Paper 2 – Psychological factors affecting performance – Sports Psychology

- Individual differences (personality, motivation, social facilitation)
- Group and team dynamics in sport
- Goal setting in sports performance

-Leadership in sport
-Stress management to optimise performance

Assessment 6 – Thursday 27th May: Paper 1 – Exercise Physiology

-Diet and Nutrition
-Ergogenic Aids
-Injury prevention and the rehabilitation of injury

Assessment format:

Assessment 1, 3, 5 = 45 minutes and 45 marks
Assessment 2, 4, 6 = 45 minutes and 34 marks

Preparation & Revision Advice

Revise material in the relevant sections outlined above.
Further detail on content will be given in class