

Year 13 A level Bulletin

Dear Parents/Guardians/Carers,

Welcome back to the A level Physical Education course! Students have come back ready to work and have been focused over the last few weeks.

This term...

Theory lessons – TOPICS COVERED:

MAH: Applied Anatomy & Physiology/Exercise Physiology

The students have completed the Applied Anatomy & Physiology section of the course and thus half of Paper 1 during Year 12. The topics being covered this half term in Exercise Physiology are:

- Energy systems
- Energy continuum
- Recovery
- Effects of altitude & heat

AKE: Socio-cultural issues in sport

Students completed the Sports Psychology block of work at the end of the summer term in Year 12 thus completing the content for Paper 2. We have started the content for Paper 3: Socio-cultural issues in physical activity and sport. Students are currently studying the emergence and evolution of modern sport, starting in pre-industrial Britain through the industrial revolution and the influence of Public Schools, throughout the 20th century up to the present day. The students are demonstrating good retention of knowledge and are showing an interest in the topics covered.

Non-Examined Assessment (NEA)

Practical activities

Students are currently filling in their competition log for the sport they will be assessed in. Videoing evidence should be submitted before the Christmas break to allow us to mark it ready for the new year deadline (however, evidence can be handed in before then) with students creating a portfolio of evidence if they wish rather than relying on one piece of evidence. This will help if a student sustains an injury close to moderation or evidence deadlines. Students are advised to be practising and competing in their sports as much as possible throughout the course. Video evidence can be uploaded on Google Classroom via Mr Henderson along with their competition log.

EAPI (Evaluation & Analysis of Performance for Improvement)

This is the verbal element of the NEA work. Students have been practicing analysing pieces of video footage and delivering a verbal response. Students will receive feedback from their attempts and will complete a mock before Christmas for this task. The actual assessment will be completed after mock examination after February half term. Students are expected to work on their EAPI during their study periods (3 hours per fortnight). They should be analysing their chosen sport and develop a bank of information regarding strengths & weaknesses & development plan drills to assist them in the preparation for the actual EAPI assessment. The more work they complete in this time will assist them in gaining a higher mark.

Information about the task from the exam board regarding the EAPI

Learners observe a live or recorded performance of a peer in either their own assessed performance activity or another activity from the approved list. This performance must be new to them to ensure that the response to it is not rehearsed. Learners are assessed in their ability to evaluate an individual's performance (rather than that of a team) and propose a viable development plan to improve that performance. Learners will then give a verbal response in which they analyse and critically evaluate:

- the quality and range of the acquired and developed skills being performed
- the appropriateness and level of success of the selection and application of skills, strategies and tactics
- the understanding and awareness shown by the performer during performance
- the use of physical attributes during performance
- the overall effectiveness and success of the performance.

Learners will identify and justify the major area of weakness within the performance to prioritise for improvement and will propose a long term (2–3 months) development plan to improve the area of performance identified. The development plan should include:

- aims and objectives for the development plan
- a timescale for the plan
- why it is appropriate to spend this length of time on improving this one area
- frequency, duration and focus of sessions
- detailed progressive practices
- detailed coaching points
- potential adaptations to the development plan depending on progress
- how improvement could be measured.

Learners will justify both their evaluative comments and their development plan with application of relevant knowledge and concepts which they have studied within Components 01, 02 and 03 of the GCE level Physical Education specification.

Homework

Students have been informed that their home learning will be set on a week by week basis either electronically (Google Classroom) or verbally. The tasks set will be relevant to the topics and encourage further learning around the area taught in the lesson. If there are not specific tasks that students have been encouraged to read around, then they should observe

sporting news/stories during the week to help support the examples needed for their examinations. Students should be consistently reading their notes to familiarise themselves with the content. They can also use this time to work on their EAPI preparation.

Personal study

Students are allocated personal study during their free periods. For three hours per fortnight students should focus on their Physical Education studies. During these lessons students will be expected to continue to research and prepare for their EAPI assessment and keep their competitive log up to date. Students need to be working hard outside of the classroom to give themselves the best possible chance to achieve the grade they are capable of.

We hope you find the information useful and thank you for in advance for your support. It is a subject we are passionate about and we hope our students feel the same way throughout their studies.

Poynton PE department

If you have any further questions or concerns please contact us:

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