

AS PHYSICAL EDUCATION

Overview

Paper 1: Factors affecting participation in physical activity and sport	+	Non-exam assessment: Practical performance in physical activity and sport
<p>What's assessed</p> <p>Section A: Applied physiology</p> <p>Section B: Skill acquisition and sports psychology</p> <p>Section C: Sport and society and technology in sport</p>		<p>What's assessed</p> <p>Students assessed as a performer or coach in the full sided version of one activity.</p> <p>Plus: written/verbal analysis of performance.</p>
<p>How it's assessed</p> <ul style="list-style-type: none"> • Written exam: 2 hours • 84 marks • 70 % of AS 		<p>How it's assessed</p> <ul style="list-style-type: none"> • Internal assessment, external moderation • 90 marks • 30 % of AS
<p>Questions</p> <ul style="list-style-type: none"> • Section A: multiple choice, short answer and extended writing (28 marks) • Section B: multiple choice, short answer and extended writing (28 marks) • Section C: multiple choice, short answer and extended writing (28 marks) 		

Practical Sports		
Amateur Boxing	Association Football	Athletics
Badminton	Basketball	Camogie
Canoeing	Cricket	Cycling
Dance	Diving	Equestrian
Gaelic Football	Golf	Gymnastics
Handball	Hockey	Hurling
Kayaking	Lacrosse	Netball
Rock Climbing	Rugby Union	Rugby League
Sculling	Skiing	Snowboarding
Squash	Swimming	Table Tennis
Tennis	Trampolining	Volleyball

Course Overview

Bridging Project

Area	Applied Physiology	Exercise Physiology	Biomechanical Movement	Skill Acquisition	Sport Psychology	Sport & Society	Non-Examined Assessment
Oct Half-Term	Cardiovascular System	Diet & Nutrition	Newton's Laws of Motion	Skill, Skill Continuums and transfer	Personality & Attitudes	Pre-Industrial Sport	Sport chosen
Christmas	Respiratory System	Training	Lever's	Methods and types of practice	Arousal & Anxiety	Post World War 2 Sport	Video footage gathered of sport (Deadline 21/12)
Feb-Half-Term	Neuromuscular System	Performance	Application of biomechanics	Learning theories	Aggression & Motivation	Sociological Theory	Evaluation of performance completed (Deadline 19/02)
Easter	Musculo-Skeletal System	Training		Feedback	Social Facilitation	Sociological Theory	
May Half-Term	Exam Preparation			Continuation onto A2 topics			

You must immerse yourself in the summer of sport. If you are unsure what treats lie ahead of us, look at this link: <https://www.keithprose.co.uk/news-and-blog/2018/12/21/2019-year-of-sport/> I want you to use examples from these fabulous events to support your work. It could be the European Championships, The Olympics, Cricket test series, Wimbledon, England rugby tour of Australia.....

Applied Physiology:

Label a diagram of the body highlighting the bones, muscles and joints. At each joint highlight the movements that can be produced, the prime movers for each movement, and the articulating bones.

Finally, also research the planes of movement and the different axis.

Skill Acquisition:

Skill continua: For each of the 6 Continua listed in the syllabus can you find pictures (from the summer of sport) of different skills and place them on the each skill continuum. You should have 12 skills (picture) in total.

Transfer of learning: Use pictures from the "summer of sport2 to demonstrate your knowledge of transfer of learning.

Sport Psychology:

Using examples from the summer of sport demonstrate where arousal has had a negative effect on performance and when it has had a positive effect.

Sport & Society:

Define the following key terms:
Equal Opportunities, Discrimination, Stereotyping, Prejudice, Society, Socialisation, Social Processes, Social Issues, Social Structures/Straffication

Research and write a short essay on the benefits of raising participation in physical activity (ensure

Additional Information

I hope you have a pleasant summer and get the results you wish to get, so that you are fully prepared for September the following information is provided. The below are instructions for your theory and practical activities in AS PE.

If you are able to get footage of activities over the summer or at the start of the next academic year of seasonal sports e.g. cricket, athletics, it will take the pressure off later in the year when the weather is not so favourable. If you are not able to, we still have plenty of time to get it done. If you have any problems or hesitations please feel free to email me and I will get back to you throughout the summer break.

THIS IS IMPORTANT: DO NOT LOSE! IT IS ALL YOUR INFORMATION ABOUT YOUR COURSE.

Go to: <http://filestore.aqa.org.uk/resources/pe/specifications/AQA-7581-SP-2016-V1-0.PDF>

THEORY 7581

- Print off **Pg8-18** from the specification.
 - Applied Physiology
 - Exercise Physiology
 - Biomechanical Movement
 - Skill Acquisition
 - Sport Psychology
 - Sport & Society

These are the 3 areas you will study and all the topics that fall under each

2. Buy 3 A4 ring binders (one for each area) and enough dividers for each chapter of each area.

PRACTICAL 7581

- Look through **Pg27-59** and choose your **one** activity area.
- Print off the **Activity Criteria (Pg24-25)**, **Details of Assessment (Pg27-59)** for your activity, and the **Areas of Assessment (Pg67-69)**
- Print off pages the **Performance Analysis Assessment (Pg74-77)** this is your coursework and will be completed after Christmas.
- Familiarise yourself with all this information as it will make sure you know what to expect when it comes to assessment.

Keep all of the information you print off on the practical side of the course and the coursework at the back of you Applied Physiology folder.

If you are able to do your summer activity before returning/starting at Fearnhill then do, so we have footage.

DO NOT WORRY IF YOU CANNOT GET FOOTAGE BEFORE SEPTEMBER

KEY DATES AND INFORMATION FOR PRACTICAL ASSESSMENT

You are responsible for recording and handing footage in for your practical activity to the PE Department by:

FRIDAY 10th FEBRUARY 2017

If you are completing a summer activity: Cricket /Tennis /Athletics etc, this needs to be in to us by:

FRIDAY 21st APRIL 2017

Remember all practical information can be found in the specification

If either of these areas are difficult, ask asap! The reason for the deadlines is so that we can mark it, check the footage and send it off to the board before it is ample time. If it is not received by the moderator in time you will gain a 0 for your practical.

What to put on your video evidence for each sport:

- 1) At the beginning of the film state your full name, candidate number and if your sport demands it position /and bib colour you will be in. The examiner needs to be able to identify you on the video.
 - 2) You need to video yourself completing all the skills listed for your activity in the Specification, try to show your full potential – the examiner must see you at your best and in a challenging situation. They can only mark what they see!
 - 3) You then need to film yourself in a competitive situation or what the criteria suggests depending on your sport. Again this needs to be at your level – play against opposition that is your standard.
- Your video footage needs to justify the mark therefore the more you show the better providing it is at the right level for you. The examiner won't know you so you need to 'show off'. It needs to be as long as to show all your skills and competitive situation.

Format of Video Footage:

1) DVD/CD/Memory Stick format only: nothing else will be accepted.

2) Label your format clearly with:

Centre Number: 17415

Centre Name: Fearnhill School

Activity:

Your FULL name:

Candidate number: If you don't know it, don't worry

Activities contained on it.