AQA
Realising potential

How to co-teach our AS and A-level Physical Education specifications

AS Year 12 and A-level Year 12 (first year)

All students can be taught together.

The whole class studies:

- Applied anatomy and physiology
- Skill acquisition
- Sport and Society
- The impact of sport on society and of society on sport
- Exercise physiology
- Biomechanical movement
- Sports psychology
- Sport and society and the role of technology in physical activity and sport

At the end of Year 12 students decide to:

- continue straight to A-level with no exam; or
- sit AS exams and finish with an AS qualification; or
- sit AS exams then decide whether to continue to A-level or not.

Continue straight to second year of the A-level?

No

Yes

No AS exams

Sit AS exams

AS assessment

Component 1 – Paper 1: Factors affecting participation in physical activity and sport

- Topics covered in the first year
- Written exam paper (2 hours)
- 70% of AS

Component 2 – Non-exam assessment: Practical performance in physical activity and sport

- Students assessed as a performer or coach in the full sided version of one activity
- Written/verbal analysis and evaluation of performance
- 30% of AS

Stand alone AS qualification

Continue to second year of the A-level?

No

Yes

A-level Year 13 (second year)

Students study:

- Applied anatomy and physiology – Energy systems
- Skill acquisition – Memory models
- Exercise physiology – injury prevention and the rehabilitation of injury
- Biomechanical movement – linear motion, angular motion, projectile motion, fluid mechanics
- Sports psychology – Achievement motivation theory, attribution theory, self-efficacy and confidence, leadership, stress management
- Sport and society and the role of technology in physical activity and sport – concepts of physical activity and sport, development of elite performers in sport, ethics in sport, violence in sport, drugs in sport, sport and the law, impact of commercialisation on physical activity and sport and the relationship between sport and the media

A-level assessment

Component 1 – Paper 1: Factors affecting participation in physical activity and sport

- Applied anatomy and physiology
- Skill acquisition
- Sport and society
- Written exam paper (2 hours)
- 35% of A-level

Component 2 – Paper 2: Factors affecting optimal performance in physical activity and sport

- Exercise physiology and biomechanics
- Sports psychology
- Sport and society and technology in sport
- Written exam paper (2 hours)
- 35% of A-level

Component 3 – Non-exam assessment: Practical performance in physical activity and sport

- Students assessed as a performer or coach in the full sided version of one activity
- Written/verbal analysis and evaluation of performance
- 30% of A-level

A-level qualification

Sit A-level exams

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