



AQA qualification training

AS and A-level Physical Education

An introduction to the new specification

General information and PowerPoint slides

BOOKLET 1

Published date: Autumn 2015 version 1

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Contacts

AS and A-level PE customer support team
E: pe@aqa.org.uk
T: 01483 477822

Teacher support manager
Eilish Gorse

CPD manager
Ros Nixon

E: teachercpd@aqa.org.uk
T: 0161 957 3646

Programme for the day

Overview of the new AS and A-level specifications

- Underlying principles and key features
- Specification at a glance
- Summary of content and assessment objectives

A-level Papers 1 and 2

- Core content
- The question papers and question types

AS Paper assessment

- Core content
- The question paper and question types

AS and A-level Non-exam assessment

- Criteria and assessment

Support and resources

AS and A-level Physical Education For first teaching in 2016

Nesta James and Rob James
Autumn 2015

Programme of the day

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Support and resources

Objectives

- Understand the key elements of the specification structure, teaching content and assessment
- Think about the implications for teaching and learning
- Review the resources and support available
- To give you the chance to ask questions about the specification

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Context

- Developed by an experienced team of teachers and examiners
- Designed to engage young people in this subject and provide effective assessments across the ability range
- Complements other qualifications in this subject, ie GCSE PE
- Submitted to Ofqual for accreditation. Approval expected by Autumn 2015
- Assuming approval, the new AS and A-level specifications are for teaching from September 2016 with first assessment for AS in summer 2017 and A-level in summer 2018.

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Government requirements

Government requirements include:

- 70% theory, 30% non-exam assessment
- DfE stipulated theoretical content
- Reduced activity list, same across all boards
- Students assessed in only one activity as either player/performer or coach
- Minimum of 5% of overall assessment on quantitative skills

Visit: [gov.uk/government/publications/gce-as-and-a-level-physical-education](https://www.gov.uk/government/publications/gce-as-and-a-level-physical-education)

Underlying principles

- Built on the foundations of our current specification
- Co-teachability of AS and A-level
- Relevant, familiar and accessible content
- Suitable for mixed ability classes
- Progression to HE or the world of work
- New AQA resources to help planning, teaching and assessing

AS and A-level: Assessment objectives

- AO1** Demonstrate knowledge and understanding of factors that underpin performance and involvement in physical activity and sport (20-25%)
- AO2** Apply knowledge and understanding of factors that underpin performance and involvement in physical activity and sport (20-25%)
- AO3** Analyse and evaluate factors that underpin performance and involvement in physical activity and sport (20-25%)
- AO4** Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance (30%)

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A-level: Specification at a glance

Component 1: Factors affecting participation in physical activity and sport Written Paper	35%	<ul style="list-style-type: none"> • 2 hour written paper • 105 marks • Combination of multiple choice, short answer and extended writing questions
Component 2: Factors affecting optimal performance in physical activity and sport Written Paper	35%	<ul style="list-style-type: none"> • 2 hour written paper • 105 marks • Combination of multiple choice, short answer and extended writing questions
Component 3: Non-exam assessment: Practical performance in physical activity and sport	30%	<ul style="list-style-type: none"> • 90 marks • Internal assessment, external moderation

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AS: Specification at a glance

Component 1: Factors affecting participation in physical activity and sport Written Paper	70%	<ul style="list-style-type: none">• 2 hour written paper• 84 marks• Combination of multiple choice, short answer and extended writing questions
Component 2: Non-exam assessment: Practical performance in physical activity and sport	30%	<ul style="list-style-type: none">• 90 marks• Internal assessment, external moderation

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Why choose the AS and A-level specifications - 1?

- Familiar content designed by teachers, higher education and the Youth Sport Trust, retaining much of the current subject content
- The AS and A-level are designed to be fully co-teachable within the first year of study
- Assessment you can trust with clear, well-structured mark schemes and exemplar materials
- The AS, A-level and GCSE have been developed in tandem creating a consistent approach to teaching and assessment throughout our suite of physical education qualifications

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Why choose the AS and A-level specifications - 2?

- New and contemporary topics, relevant to today's sporting world, will help students of all abilities to develop a well-rounded skill set and prepare them for progression to further studies
- Content is divided clearly across the papers, helping students to see exactly which part of the specifications they are being assessed on
- Our detailed specifications clearly show the skills and knowledge required in each topic
- Our suite of resources will include face-to-face and online training events, schemes of work, lesson plans, exemplar student responses and exemplar practical footage
- In addition to our free resources, Hodder Education has been selected to enter our approval process to create textbooks for GCSE, AS and A-level Physical Education

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A-level: Paper 1



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A-level: Structure of question Paper 1

- 2 hours
- 35% of total marks
- Three sections
- Combination of multiple-choice, short answer and extended writing questions

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A-level: Subject content for Paper 1

- Applied anatomy and physiology
- Skill acquisition
- Sport and society

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A-level: Key content changes - Paper 1

Applied anatomy and physiology

- health, fitness and exercise – no longer assessed
- analysis of movement – no longer applied to specific sporting actions
- impact of specialist training method on energy systems

Skill acquisition

- theories of learning – constructivism – social development theory (Vygotsky)
- information processing – Whiting's model only

Sport and society

- basic sociological terminology to help understanding of equal opportunity issues
- clearly defined historical eras with a focus on three key sports; association football, lawn tennis and track and field events
- development of female elite athletes in the above sports

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A-level: Subject content changes – resources available

Topics

Assessed	No longer assessed
<ul style="list-style-type: none"> • Applied anatomy and physiology • Skill acquisition • Sport and society • Biomechanical movement • Sport psychology • Sport and society and the role of technology in physical activity sport. 	<ul style="list-style-type: none"> • PHED1 Applied Exercise Physiology: Health, exercise and fitness. • PHED1 Opportunities for Participation: Section 2 - The current provision for active leisure. • PHED1 Opportunities for Participation: Section 3 - The role of schools and national governing bodies in creating opportunities for increasing participation (except Whole Sport plans).

Visit: aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7581/planning-resources

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A-level: Paper 2



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A-level: Structure of Paper 2

- 2 hours
- 35% of total marks
- Three sections
- Combination of multiple-choice , short answer and extended writing questions

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A-level: Subject content for Paper 2

- Exercise physiology and biomechanics
- Sports psychology
- Sport and society and technology in sport

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A-level: Key content changes - Paper 2

- Exercise physiology and biomechanics
 - Injury prevention – assessed in more detail
 - fluid mechanics – new content
- Sports psychology
 - Vealey's model of self confidence
- Sport and society and technology in sport
 - three main organisations; national governing bodies, national institutes of sports and UK Sport
 - technology
 - understanding of sports technology for analytics
 - functions of sports analytics
 - development of facilities and equipment and impact on participation and performance

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Examples of A-level questions

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Questions on A-level papers



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Time for a 5 minute break

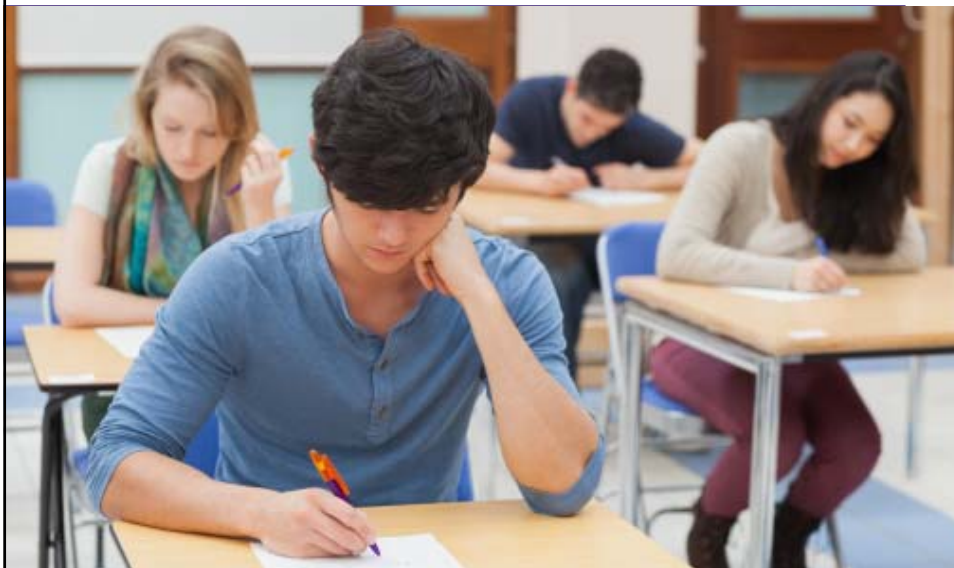
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AS: Paper



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AS: Content for Paper

Section A - Applied physiology

- Applied anatomy and physiology
- Exercise physiology
- Biomechanical movement

Section B – Skill acquisition and sports psychology

Section C – Sport and society and technology in sport

- Sport and society
- Sport and society and the role of technology in physical activity and sport

AS: Structure of Question Paper

- 2 hours
- 70% of total marks
- Three sections
- Combination of multiple-choice, short answer and extended writing questions

Examples of AS questions

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Co-teaching opportunities for AS and A-level

- It is possible to teach AS and first year A-level students in the same class
- Year one A-level content is the same as AS content, the differentiation is in the assessment
- Students starting with the intention of taking just the AS will have the option of continuing to A-level (as at present)
- AS forms a coherent and stimulating PE course in its own right providing a sound introduction to the subject

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Questions on AS



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AS and A-level: Non-exam assessment (NEA)



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AS and A-level: Non-exam assessment criteria

- 30% non-exam assessment, broken down into two sections:
 - 15% - students are assessed as a player/performer or coach in the full context of one activity from the list provided
 - 15% - written or verbal analysis and evaluation of either their own or the performance of another
- Internal assessment, external moderation
- Each marked out of 45 marks – total 90 marks

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Performance assessment (practical performance)

- 15% of overall qualification
- 45 marks
- students assessed in one activity as a either player/performer or coach
- students can only be assessed in activities listed in the specification
- for each activity, students will be assessed in three areas of assessment, each worth 15 marks

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Activity list

Amateur Boxing	Association football	Athletics	Badminton	Basketball	Camogie	Canoeing
Cricket	Cycling	Dance	Diving	Gaelic football	Golf	Gymnastics
Handball	Hockey	Equestrian	Hurling	Kayaking	Lacrosse	Netball
Rock climbing	Rowing	Rugby league	Rugby union	Sculling	Skiing	Snowboarding
Squash	Swimming	Table tennis	Tennis	Trampolining	Volleyball	
Specialist Activity						
Blind cricket	Boccia	Goal ball	Powerchair football	Polybat	Table cricket	Wheelchair basketball
Wheelchair football	Wheelchair rugby					

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Areas of assessment for NEA – amateur boxing

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Performance analysis assessment – analysis and evaluation

- 15% of overall qualification
- 45 marks
- Students will be assessed on:
 - i. analysis (20 marks)
 - ii. evaluation (25 marks)
- Students can analyse and evaluate their own performance or the performance of another person
- Analysis and evaluation can only be carried out on an activity listed in the specification
- Can be carried out in either written or verbal format – if verbal, audio-visual evidence

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Performance analysis assessment – analysis and evaluation

- All causes and corrective measures used by the students must be from the theoretical content within the specification
- At AS the analysis is of one weakness from Area of assessment 1
- At A-level the analysis is of two weaknesses, one from Area of assessment 2 **and** one from Area of assessment 3
- May choose one cause/corrective measure (to show depth of knowledge) or may choose to discuss more than one relevant cause/corrective measure (to show breadth and depth)

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Performance analysis assessment – marking criteria for analysis and evaluation of performance

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Questions on non-exam assessment



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AQA ongoing support and resources



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Resources - 1

Current	Spring 2016	On-going
Specimen assessment materials (SAMs)	An additional set of SAMs	AQA website
Subject specific vocabulary	Exemplar practical footage and accompanying commentaries	e-AQA – Secure Key Materials
Command words	Exemplar analysis and evaluation work and accompanying commentaries	TOLS
Summary of changes	Training: free full day face-to-face preparing to teach events or 2 hour twilight live online events, from April 2016	Enhanced result analysis (ERA)
Specification comparison: AQA new to competitors' current		Exampro
Specification comparison: AQA new to competitors' new		
Co-teachability guidance		

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Resources 2 – Plan, Teach and Assess

AS Physical Education

Teaching from: September 2016

Exams from: June 2017

Specification code: Draft 7581 QAN code: TBC

We've designed our AS and A-level specifications to be fully co-teachable, making it easier to plan your student's journey. You'll be familiar with most of the content, so you can still use your existing resources.


The activity list and the practical weighting will be the same across all exam boards, but we've worked with teachers, the Youth Sport Trust and higher education to refresh some topics and produce engaging specifications.

There'll be free resources, events and practical guidance to support you with planning, teaching and preparing your students for assessment.

[Specification >](#)

[Specification at a glance >](#)

[Specimen papers and mark schemes >](#)



Draft

Download specification

Teaching resources

Plan

1

Prepare for your teaching year. Information, support and services to help you deliver the specification.

[All planning resources >](#)

Teach

2

Teaching resources that you can use to plan your lessons and support your students' learning.

[All teaching resources >](#)

Assess

2

Prepare your students for assessment. Specimen and past papers, mark schemes, example answers.

[All assessment resources >](#)

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Exampro

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Physical Education

Exampro PE provides online access to over 600 exam questions, their associated mark schemes and examiner comments.

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Get to know what the examiners want

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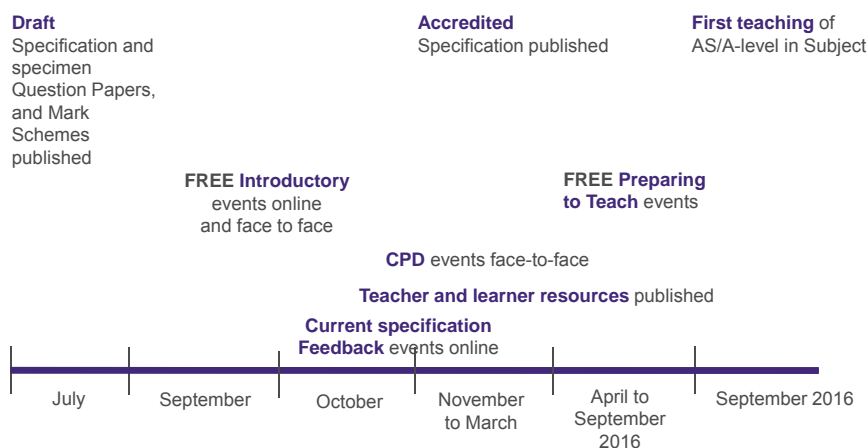
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Timeline 1



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Contact points for more information and guidance

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Next steps – things to consider

- what is your centre policy on AS entry?
- co-teachability or linear exams?
- teaching and learning strategies eg impact of AOs on teaching strategies or what can you learn from other subjects?
- staff awareness of new AS and A-level structure as separate qualifications
- staff expertise in specialist areas
- familiarisation with the AQA website

Training courses

- Current specification – feedback events in October and November 2015
- New specification – free face-to-face and online preparing to teach events in spring 2016

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Final questions



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Our aim is to enable students to realise their potential
and provide teachers with the support and resources they need
so that they can focus on inspiring learning.

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