



# GCSE, AS and A-level Physical Education

Your companion  
guide to our new  
specifications

Teach it from September 2016

First assessment GCSE summer 2018

First assessment AS summer 2017

First assessment A-level summer 2018

Find out more at:

[aqa.org.uk/physicaleducation](http://aqa.org.uk/physicaleducation)

# GCSE Physical Education is changing

Find out how the new GCSE changes from Ofqual and the Department for Education will affect you and your students.

These changes will apply to all exam boards for GCSE Physical Education with first assessment in summer 2018.

## All GCSEs will be linear

All exams will take place at the end of the course.

## GCSEs will be graded in numerical format

The current grading of A\* – G is changing to grades of 9 – 1. Grade 9 will be equivalent to a high A\*, Grade 4 will be equivalent to Grade C and Grade 1 will be equivalent to a Grade G.

## Reduction to the activity list for practical assessment

The activities students can be assessed in will be the same across all exam boards.

## We're here if you need us

Want to speak to someone in the GCSE Physical Education team?

T: 01483 477 822

E: [pe@aqa.org.uk](mailto:pe@aqa.org.uk)

Explore our draft specification in July:

[aqa.org.uk/physicaleducation](http://aqa.org.uk/physicaleducation)

Find out more about the new GCSE grades:

[aqa.org.uk/new-GCSE-grades](http://aqa.org.uk/new-GCSE-grades)

For more information about GCSE changes, visit [aqa.org.uk](http://aqa.org.uk)

# A specification for you and your students

Creating a new GCSE Physical Education specification that meets the needs of you and your students is vital. That's why we're working with teachers and subject experts to design a new specification that you'll enjoy teaching as much as your students will enjoy learning.

1. We're confident that our GCSE specification will inspire and challenge your students to do their best.
2. Due to regulatory requirements we've created exciting new topics to help you to deliver an engaging course.
3. We've enhanced our free teaching resources to help you to plan lessons, teach and assess your students.
4. We're running free specification launch and preparing to teach events (online sessions will also be available), to ensure that you're fully prepared to teach the new specification.

## GCSE Physical Education key dates

Download our draft specification and specimen assessment materials from <a href="http://aqa.org.uk">aqa.org.uk</a>	July 2015
Attend a free specification launch event (online sessions also available)	September to October 2015
Download our accredited specification from <a href="http://aqa.org.uk">aqa.org.uk</a>	Autumn 2015
Download practice papers and mark schemes from <a href="http://aqa.org.uk/physicaleducation">aqa.org.uk/physicaleducation</a>	Spring 2016
Start teaching	September 2016
First exams	June 2018

# Reasons you'll enjoy teaching this new AQA specification

- Whilst incorporating the regulatory changes you'll also see that at its heart, our GCSE has retained its passion and enthusiasm for physical education and the benefits that both individual and teamwork can bring.
- New contemporary topics will give students of all abilities a well-rounded skill set that will prepare them for further study.
- We've worked hard to ensure that the new content is clear and straightforward for you to plan and teach.
- Our free resources include specification launch and preparing to teach events, lesson plans and practical exemplars to support engaging theoretical and practical lessons.
- We've worked closely with teachers and the Youth Sport Trust to develop a new specification that will inspire teaching and learning.
- Our specification is now even clearer and more prescriptive.
- You will have the support and resources that you need to teach with confidence and if you have any questions our subject experts are just a phone call or email away.



# How the new assessment will work

- The new GCSE Physical Education will be 60% theory and 40% non-exam assessment (practical performance) of which 30% will be based on students assessed in the role of player/performer only and 10% will be analysis and evaluation of performance.
- Students will be assessed in three different practical activities; a team activity, an individual activity and a third from either a team or individual activity. These will be chosen from the list provided by the DfE.
- Topics are divided across papers, helping students to see which part of the specification they are being assessed on in each exam.
- GCSE grades will be in the new numerical format. The current grading of A\* – G is changing to numerical grading 9 – 1. Grade 9 will be equivalent to a high A\*, Grade 4 will be equivalent to a Grade C and Grade 1 will be equivalent to a Grade G.

## Assessment objectives

These are set by Ofqual for all boards and our GCSE Physical Education exams will measure how well students have achieved them.

- AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- AO3 – Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.
- AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

# Specification at a glance

## GCSE Physical Education

<b>Paper 1:</b> The human body and movement in physical activity and sport	+	<b>Paper 2:</b> Socio-cultural influences and well-being in physical activity and sport	+	<b>Practical performance in physical activity and sport</b>
<b>What's assessed</b> <ul style="list-style-type: none"><li>• Applied anatomy and physiology</li><li>• Movement analysis</li><li>• Physical training</li><li>• Use of data</li></ul>		<b>What's assessed</b> <ul style="list-style-type: none"><li>• Sports psychology</li><li>• Socio-cultural influences</li><li>• Health, fitness and well-being</li><li>• Use of data</li></ul>		<b>What's assessed</b> <ul style="list-style-type: none"><li>• Students are assessed as a player/performer in three different activities</li></ul> plus <ul style="list-style-type: none"><li>• Written/verbal analysis and evaluation of performance</li></ul>
<b>How it's assessed</b> <ul style="list-style-type: none"><li>• Written exam: 1 hour 15 minutes</li><li>• Total: 78 marks</li><li>• 30% of GCSE</li></ul>		<b>How it's assessed</b> <ul style="list-style-type: none"><li>• Written exam: 1 hour 15 minutes</li><li>• Total: 78 marks</li><li>• 30% of GCSE</li></ul>		<b>How it's assessed</b> <ul style="list-style-type: none"><li>• Internal assessment, external moderation</li><li>• Total: 100 marks 40% of GCSE</li></ul>

Find out more

You can see full details of the new specification at: [aqa.org.uk/physicaleducation](http://aqa.org.uk/physicaleducation)

# How the new assessment will work

A familiar combination of multiple choice, short and extended writing questions will be used across both exam papers.

In the practical, students are assessed:

In three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third that can be either a team or an individual activity).

For each of the three activities students will be assessed on:

- their skills
- the full context.

In one activity:

Students are assessed on the analysis and evaluation of performance to bring about personal improvement in physical activity and sport.



# AS and A-level Physical Education is changing

We're here to support you through Ofqual and the Department for Education's changes to AS and A-level Physical Education.

The following changes will apply to all exam boards for AS and A-level Physical Education.

## A-levels will be linear

Students will sit all exams at the end of the two-year course.

## AS will be decoupled from A-level

The AS qualification won't contribute to the A-level grade.

## AS and A-level will be co-teachable

The AS and the first year of the A-level can be taught together.

## Reduction to the activity list for practical assessment

The activities students can be assessed in will be the same across all exam boards.

AS and A-level Physical Education key dates	
Download our draft specifications and specimen assessment materials from <a href="http://aqa.org.uk">aqa.org.uk</a>	July 2015
Attend a free specifications launch event (online sessions also available)	September to October 2015
Download our accredited specifications from <a href="http://aqa.org.uk">aqa.org.uk</a>	Autumn 2015
Download practice papers and mark schemes from <a href="http://aqa.org.uk/physicaleducation">aqa.org.uk/physicaleducation</a>	Spring 2016
Start teaching	September 2016
First AS exams	Summer 2017
First A-level exams	Summer 2018



# Specifications to engage and inspire

Our new AS and A-level will be taught from September 2016. You'll be familiar with most of the content, but we've refreshed topics to reflect contemporary changes. We've also improved our support and developed new resources to help you every step of the way.

1. We're working with teachers, higher education and subject experts to design our specifications.
2. We've adhered to regulatory requirements and kept topic changes to a minimum.
3. Our free resources cover theoretical and practical elements, helping you to plan, teach and assess your students.
4. We're running free specification launch and preparing to teach events (also available online), to help get you ready for first teaching.

## We're here if you need us

Want to speak to someone in the AS and A-level Physical Education team?

T: 01483 477 822

E: [pe@aqa.org.uk](mailto:pe@aqa.org.uk)

Find out more about the new AS and A-levels:

[aqa.org.uk/physicaleducation](http://aqa.org.uk/physicaleducation)



# Reasons you'll enjoy teaching these new AQA specifications

- We've incorporated regulatory changes but you'll see that at its heart, our AS and A-level specifications allow you to teach inspiring lessons that will encourage an enthusiasm for physical education.
- You'll be familiar with most of the content so you can still use your existing resources. We've refreshed some topics to reflect contemporary changes.
- Free resources include specification launch and preparing to teach events, lesson plans and practical exemplars to support engaging theoretical and practical lessons.
- We're working with teachers, higher education and the Youth Sport Trust to ensure our specifications prepare your students for further education and the workplace.
- The AS and A-level is designed to be fully co-teachable within the first year of study.
- We've developed consistent, well-structured question papers to ensure that students understand exactly what is being asked.
- You will have the support and resources you need to teach with confidence. If you have any questions, our subject experts are just a phone call or email away.



# How the new assessment will work

- The new AS and A-level Physical Education will be 70% theory and 30% non-exam assessment (practical performance) of which 15% will be based on students assessed in the role of player/performer or coach and 15% will be analysis and evaluation of performance.
- Assessment of quantitative skills will represent a minimum of 5% of the overall AS and A-level marks, allowing students to develop skills that are important for Higher Education or work.
- Papers will be divided into clear sections, helping students to see which part of the specification they are being assessed on.
- A familiar combination of multiple-choice, short and extended writing questions will be used across all exam papers.
- Students will focus their skills as they will only be assessed in one practical activity from the list provided by the DfE.

## Assessment objectives

These are set by Ofqual for all boards and our AS and A-level Physical Education exams will measure how well students have achieved them.

- AO1 – Demonstrate knowledge and understanding of factors that underpin performance and involvement in physical activity and sport.
- AO2 – Apply knowledge and understanding of factors that underpin performance and involvement in physical activity and sport.
- AO3 – Analyse and evaluate factors that underpin performance and involvement in physical activity and sport.
- AO4 – Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

# Specifications at a glance

## AS Physical Education

### Paper 1: Factors affecting participation in physical activity and sport

#### What's assessed

- Section A – Applied physiology (28 marks)
- Section B – Skill acquisition and sports psychology (28 marks)
- Section C – Sport and society and technology in sport (28 marks)

#### How it's assessed

- Written exam: 2 hours
- Total: 84 marks
- 70% of AS



### Practical performance in physical activity and sport

#### What's assessed

- Students are assessed as a player/performer or coach in the full sided version of one activity
- 15% of non-exam assessment

plus

- Written/verbal analysis and evaluation of performance
- 15% of non-exam assessment

#### How it's assessed

- Internal assessment, external moderation
- Total: 90 marks
- 30% of AS

Find out more

You can see full details of the new specifications at: [aqa.org.uk/physicaleducation](http://aqa.org.uk/physicaleducation)

## A-level Physical Education

<p><b>Paper 1: Factors affecting participation in physical activity and sport</b></p>	+	<p><b>Paper 2: Factors affecting optimal performance in physical activity and sport</b></p>	+	<p><b>Practical performance in physical activity and sport</b></p>
<p><b>What's assessed</b></p> <ul style="list-style-type: none"> <li>• Section A – Applied anatomy and physiology (35 marks)</li> <li>• Section B – Skill acquisition (35 marks)</li> <li>• Section C – Sport and society (35 marks)</li> </ul>		<p><b>What's assessed</b></p> <ul style="list-style-type: none"> <li>• Section A – Exercise physiology and biomechanics (35 marks)</li> <li>• Section B – Sports psychology (35 marks)</li> <li>• Section C – Sport and society and technology in sport (35 marks)</li> </ul>		<p><b>What's assessed</b></p> <ul style="list-style-type: none"> <li>• Students are assessed as a player/performer or coach in the full sided version of one activity</li> <li>• 15% of non-exam assessment</li> </ul> <p>plus</p> <ul style="list-style-type: none"> <li>• Written/verbal analysis and evaluation of performance</li> <li>• 15% of non-exam assessment</li> </ul>
<p><b>How it's assessed</b></p> <ul style="list-style-type: none"> <li>• Written exam: 2 hours</li> <li>• Total: 105 marks</li> <li>• 35% of A-level</li> </ul>		<p><b>How it's assessed</b></p> <ul style="list-style-type: none"> <li>• Written exam: 2 hours</li> <li>• Total: 105 marks</li> <li>• 35% of A-level</li> </ul>		<p><b>How it's assessed</b></p> <ul style="list-style-type: none"> <li>• Internal assessment, external moderation</li> <li>• Total: 90 marks</li> <li>• 30% of A-level</li> </ul>

# Clear assessment and marking you can trust

We know the time and effort that you and your students put in to assessments. We also understand how essential it is that the marks we give are fair, reliable and trustworthy.

## Getting the right results

Our Centre for Education Research and Practice (CERP) provides statistics and research evidence to ensure we assess and mark your students' work fairly and accurately. We also recruit and train the highest calibre of examiners and continually monitor their work.

## Clear question papers

Students of all abilities will understand our clearly worded exam papers.

## Well-structured mark schemes and exemplar materials

Our mark schemes demonstrate how to help your students get the best marks. Our exemplars use real student answers with comments from senior examiners to explain how our mark schemes are applied.

For further information please visit [aqa.org.uk/physicaleducation](https://www.aqa.org.uk/physicaleducation)

## More exam help and advice available

1. Watch our videos on 'assessment explained' or see 'how we create a specification' at [aqa.org.uk/exams](https://www.aqa.org.uk/exams)
2. Analyse student results with our free Enhanced Results Analysis tool [aqa.org.uk/era](https://www.aqa.org.uk/era)
3. More exam-related help is available at [aqa.org.uk/results](https://www.aqa.org.uk/results)

## Assessment support

Our resources will help you to prepare for assessment; these include practice papers, exemplar answers, and exemplar practical footage. If you'd like to find out more, call us on 01483 477 822 or email [pe@aqa.org.uk](mailto:pe@aqa.org.uk)

# Free resources help you bring the new specifications to life

We've worked closely with teachers to create resources that you'll find useful and inspiring.

Each resource will help you with a specific aspect of teaching – either planning your lessons, teaching them, or preparing your students for assessment.

## Free resources include:

- events to introduce you to the new specifications and advice on how you can teach them
- schemes of work and lesson plans specific to new content
- specimen question papers and mark schemes
- student exemplar materials
- guidance on co-teaching the AS and A-level
- training and professional development opportunities
- exemplar footage for practical teaching.

## Want to improve your teaching skills?

We can support you throughout your teaching career with practical training, tried, tested and taught by teachers.

Browse and book our professional development events at [aqa.org.uk/professional-development](http://aqa.org.uk/professional-development)



Join the conversation  
@AQACPD



## Textbook (print and digital)

In addition to our free resources, Hodder have been selected to enter our approval process to create textbooks for GCSE, AS and A-level Physical Education.

See our website in summer 2015 for more information.

Please note that textbooks are paid-for resources.

## Meet the team

Oli Woodfield  
Qualifications  
Developer



Amardeep Singh  
Sandhu  
Customer  
Support  
Manager



## Keep in touch

To contact our  
physical education team:

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E: [pe@aqa.org.uk](mailto:pe@aqa.org.uk)

To receive regular updates about  
physical education, register with  
us at:

[aqa.org.uk/pe-update](http://aqa.org.uk/pe-update)

Want to know about our  
new specifications, launch  
meetings and resources?

[aqa.org.uk/physicaleducation](http://aqa.org.uk/physicaleducation)

The information in this guide is based on the draft specification submitted to Ofqual in July 2015 and is subject to change. We will publish the accredited specification and specimen question papers as soon as we receive Ofqual accreditation expected in the autumn.

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