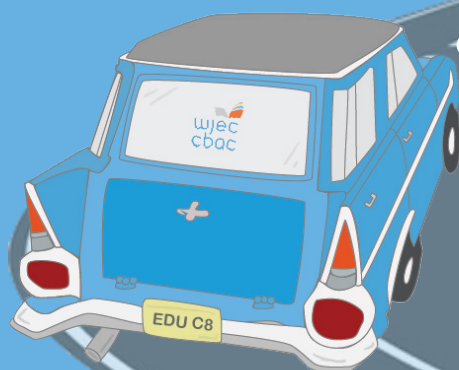


# YOUR JOURNEY

TO BECOMING EXAM READY



## WELCOME TO AS/A LEVEL PHYSICAL EDUCATION



The WJEC GCE AS/A Level in Physical Education qualification will enable you to engage in a practical course, designed to encourage you to be inspired, motivated and challenged by the subject and enable you to make informed decisions about further learning opportunities and career pathways.

Through studying GCE AS/A Level Physical Education, you will acquire the knowledge, understanding, skills and values to develop and maintain your performance in physical activities and understand the benefits to health, fitness and well-being.

### PLANNING AHEAD...

**The specification in physical education will enable you to make connections between theory and practice so that you are able to apply your understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.**

**By studying physical education you will be able to:**

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical

activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas

- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

This qualification will build on subject content which you will have been taught at Key Stage 4 and will provide a suitable foundation for the study of physical education and sport at Level 4/5 for example the Sports Science or Sport and Physical Education. This qualification will also provide a coherent, satisfying and worthwhile course of study for you if you do not progress to further study in this subject.

# GIVE IT YOUR ALL!

## TOP TIPS

**Start to think about what sports and activities** you enjoy.

**Try to analyse what makes a good performance** and how performance can be improved.

**Look at ways of developing your performance** through skills, drills and training.

**Think about how your body moves.**

**Look at information on sports** and take part in physical activity.

**Consider the impact of media coverage** on sports development.

**Watch other training and develop physically** for a healthy life or sport.

**Think about how technology is changing the world** of sporting performance.

## WELLBEING GUIDANCE

### **Take baby steps.**

Remember this is a journey and you will pick skills and knowledge up along the way.

### **Take regular breaks from studying.**

Exercise, meet friends, spend time with family.

### **Look after yourself.**

Make sure you are getting a balanced diet and get enough sleep.

### **Try to stay positive.**

Even if you don't feel like it, a positive attitude will help you.

### **Remember that everyone's different.**

Try not to compare yourself to others.

## HOW ARE YOU ASSESSED?

### **AS Unit 1: Exploring Physical Education will be assessed through a written examination**

- 1 hour 30 minutes
- 24% of A level qualification (60% of AS qualification)
- 72 marks
- Contextualised questions to include multiple choice, data response short and extended answers

### **AS Unit 2: Improving Personal Performance in Physical Education**

non-examination assessment: marked by your teacher, externally moderated by WJEC.

#### **This includes:**

- **one activity as a player/performer 8%**
  - Learners must demonstrate and apply the relevant skills and techniques for the sport/activity. All activities should be played under competitive/formal conditions.
- **one as a coach or official, 4%**
  - Learners must plan and deliver a coaching session or
  - Learners should be the main official in their chosen activity in a competitive situation.
  - Activities that are acceptable for assessment as an official can be seen in Appendix B of the specification.
- **a written piece of coursework in the form of a personal performance profile, linked to your chosen practical activity. 4%**
- **This is worth 16% of A level qualification (40% of AS qualification).**

# HOW ARE YOU ASSESSED?

## A Level unit 3: Evaluating Physical Education

- 2 hour written examination
- 36% of qualification
- 90 marks
- A range of questions to include data response, short and extended answers

## A Level unit 4: Refining Personal Performance in Physical Education

non-examination assessment: marked by your teacher, externally moderated by WJEC.

### This includes:

- **one activity as a player/performer and one as a coach or official, 12%**
  - demonstrate and apply the relevant skills and techniques required for the sport/activity. All activities should be played under competitive/formal conditions or
  - plan and deliver a progressive coaching session as part of a programme.
  - main official for their chosen activity in a competitive situation. Learners will be assessed in their ability to make consistent and correct decisions.
  - Activities that are acceptable for assessment as an official can be seen in Appendix B of the specification.
- **a written piece of coursework in the form of an Investigative Research, linked to your chosen practical activity. 12%**
- **This is worth 24% of A level qualification.**

