



## DRAYTON MANOR HIGH SCHOOL

### Success at Sixth Form – Subject Specific Tips

<b>Subject</b>	Physical Education	
<b>Class and homework expectations</b>		
Students should bring the following items to each lesson :-		
<ul style="list-style-type: none"> <li>• Full section of work relevant to subject area</li> <li>• Any notes completed which have been set for each lesson</li> <li>• Subject specification</li> <li>• PLC</li> <li>• Textbook</li> </ul>	Equipment/stationary	<ul style="list-style-type: none"> <li>• Pens</li> <li>• Ruler</li> <li>• Pencil</li> <li>• Paper</li> </ul>
<b>Scheme of Work</b>		
<b>Year 12</b>  <b>Section A – Applied physiology</b> <ul style="list-style-type: none"> <li>• Applied anatomy and physiology</li> <li>• Exercise physiology</li> <li>• Biomechanics</li> </ul> <b>Section B – Skill acquisition and sports psychology</b> <ul style="list-style-type: none"> <li>• Skill acquisition</li> <li>• Sport psychology</li> </ul> <b>Section C – Sport and society and technology in sport</b> <ul style="list-style-type: none"> <li>• Sport and society</li> <li>• Technology in sport</li> </ul> NEA : Non examined assessment	<b>Year 13</b> Further Development of <b>Section A – Applied physiology</b> <ul style="list-style-type: none"> <li>• Applied anatomy and physiology</li> <li>• Exercise physiology</li> <li>• Biomechanics</li> </ul> <b>Section B – Skill acquisition and sports psychology</b> <ul style="list-style-type: none"> <li>• Skill acquisition</li> <li>• Sport psychology</li> </ul> <b>Section C – Sport and society and technology in sport</b> <ul style="list-style-type: none"> <li>• Sport and society</li> <li>• Technology in sport</li> </ul> NEA : Non examined assessment	
<b>Assessment Objectives</b>		
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 (15%)  
Analyse and evaluate performance (15%)

### Assessment

A Level

Paper 1: Factors affecting participation in physical activity and sport

Section A : Applied anatomy and physiology

Section B : Skill acquisition

Section C : Sport and society

35% of A level

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

Section A : Exercise physiology and biomechanics

Section B : Sport psychology

Section C : Sport and society and technology in sport

35% of A level

Non Exam Assessment : Practical assessment plus written analysis of performance

30% of A level

### How to do well in the subject as AS and A Level

- Attend all lessons and catch up with any work missed
- Complete note taking as and when requested and have notes ready for checking in lessons
- Keep a well ordered and organised file and bring a working file to all lessons
- Practise past paper questions in all topic areas
- Learn what is required from command words – explain, identify, describe
- Ensure that practical performance is provided on DVD by end of Autumn Term Year 12 this can be further updated as performance improves up until end of Spring Term Year 13
- Ensure that DVD is showing student at highest performance standard
- Ensure that student is participating in their chosen sport at club level outside school hours
- Read previous examiners reports
- Buy PE AQA revision guide

### Support available

- PE staff on hand and available at all times for mentoring and support
- Individually allocated student mentor
- High quality camcorders and tripods available to borrow for DVD evidence
- One on one support for A Level coursework for each student
- Revision materials available in run up to exam

### How parents can help support

- Ensure DVD evidence is supplied by Christmas Year 12 (this may be upgraded later in Year 13)
- Help your son/daughter organise their work folders
- If you have any concerns about their work please contact Ms Paine (Head of PE)
- Check with them about their progress, what grades are they getting for tests, homework etc.,
- Attend any available parents consultation evenings and information evenings
- Support / encourage / supervise your son/daughter when revising for exams

### Helpful websites or resources

- [www.aqa.co.uk](http://www.aqa.co.uk)
- [www.youtube.com](http://www.youtube.com)
- PE Review
- Peak Performance

