

The Priory Academy LSST



A-Level Physical Education

GCSE to A-Level transition

Welcome to Physical Education A-Level! We follow the AQA specification through from GCSE to A-Level and examinations are held at The Priory Academy LSST.

Please see below how the course is assessed.

Assessments

Paper 1: Factors affecting participation in physical activity and sport
What's assessed Section A: Applied anatomy and physiology Section B: Skill acquisition Section C: Sport and society
How it's assessed <ul style="list-style-type: none">• Written exam: 2 hours• 105 marks• 35% of A-level
Questions <ul style="list-style-type: none">• Section A: multiple choice, short answer and extended writing (35 marks)• Section B: multiple choice, short answer and extended writing (35 marks)• Section C: multiple choice, short answer and extended writing (35 marks)

Paper 2: Factors affecting optimal performance in physical activity and sport
What's assessed Section A: Exercise physiology and biomechanics Section B: Sport psychology Section C: Sport and society and technology in sport
How it's assessed <ul style="list-style-type: none">• Written exam: 2 hours• 105 marks• 35% of A-level
Questions <ul style="list-style-type: none">• Section A: multiple choice, short answer and extended writing (35 marks)• Section B: multiple choice, short answer and extended writing (35 marks)• Section C: multiple choice, short answer and extended writing (35 marks)

Non-exam assessment: Practical performance in physical activity and sport	
What's assessed	<p>Students assessed as a performer or coach in the full sided version of one activity.</p> <p>Plus:</p> <p>written/verbal analysis of performance.</p>
How it's assessed	<ul style="list-style-type: none"> • Internal assessment, external moderation • 90 marks • 30% of A-level

The Year 12 work is delivered by three specialist members of PE staff: Mrs Bentley, Mr Mazingham and Mr Fearn.

Here is a link to the specification: <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

This pack will support you to effectively transition from GCSE to A Level Physical Education.

Applied Anatomy and Physiology

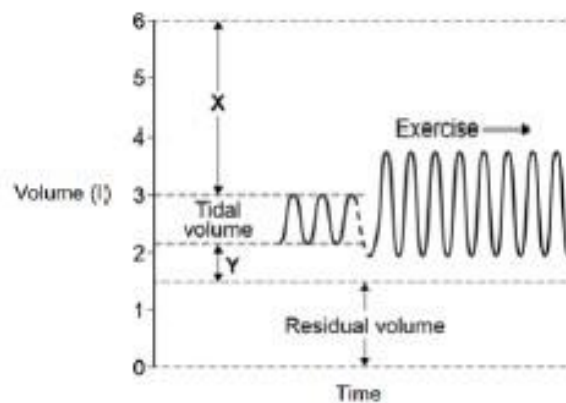
1 Define cardiac output.

(Total 1 mark)

2 When a performer exercises, blood is redistributed to different parts of the body.
Explain two ways in which the body redistributes blood during exercise.

(Total 4 marks)

3 The diagram shows the lung volumes recorded on a spirometry trace.



Identify the lung volumes labelled X and Y.

(Total 2 marks)

4 Which one of these lung volumes is defined as the volume of air left in the lungs after maximal expiration?

A Expiratory reserve volume

☐

B Inspiratory reserve volume

☐

C Residual volume

☐

D Tidal volume

☐

(Total 1 mark)

5

Some performers include altitude training as a method of preparing for their sport.

- (i) In what type of physical activity would a performer choose to include altitude training?

(1)

- (ii) Explain what altitude training is.

(2)

- (iii) Describe what benefits the performer gains from using altitude training.

(2)

(Total 5 marks)

6

In 1999, Michael Johnson set a new world record for the 400m with a time of 43.18 seconds.

- (a) Justify why his performance was mainly aerobic or anaerobic.

(4)

- (b) Athletes work at a percentage of maximal heart rate when training.

How is maximal heart rate calculated?

(1)

(Total 5 marks)

7

Define isometric contraction.

Use a sporting example in your answer.

(Total 2 marks)

8

Movement occurs through the combination of the skeletal system and the muscular system.

- (i) State one bone, one joint and one muscle which would be involved when the arm is moved.

(3)

- (ii) Explain what is meant by abduction.

(2)

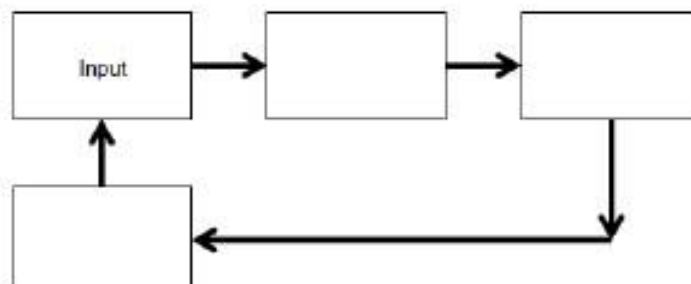
(Total 5 marks)

Skill Acquisition

- 1 Outline the difference between self-paced and externally paced skills.
Use sporting examples in your answer.
(Total 4 marks)
- 2 Give an example of a complex skill.
Justify your choice.
(Total 4 marks)
- 3 Guidance is important when coaching skills to beginners.
(a) What is meant by 'manual guidance'?
(1)
(b) Using an example from a named physical activity, describe when a coach could use manual guidance.
(1)
(Total 2 marks)
- 4 What type of skill is a basketball free throw? Justify your answer.
(Total 4 marks)
- 5 Milo is having beginner lessons from a golf coach at a local club. He has been completing a putting test every week to assess the accuracy of his putting skills. The test is taken over 100 putts.
Explain why the golf coach would use the following types of guidance to improve Milo's performance:
- visual
 - manual.
- (Total 4 marks)

- 6 (a) Sports performers need to process information to make decisions. These decisions can affect the outcome of their performance.

Complete the diagram below to show the various stages of a basic information processing model.



(3)

- (b) Using a named skill from a team sport of your choice (e.g. football, hockey), explain the input stage of information processing.

(2)

(Total 5 marks)

- 7 Which one of these is an example of a football coach giving feedback in the form of **knowledge of results**?

- A Keep your head down when you shoot
- B That is not good enough
- C You did really well
- D You scored a goal

☐☐☐☐

(Total 1 mark)

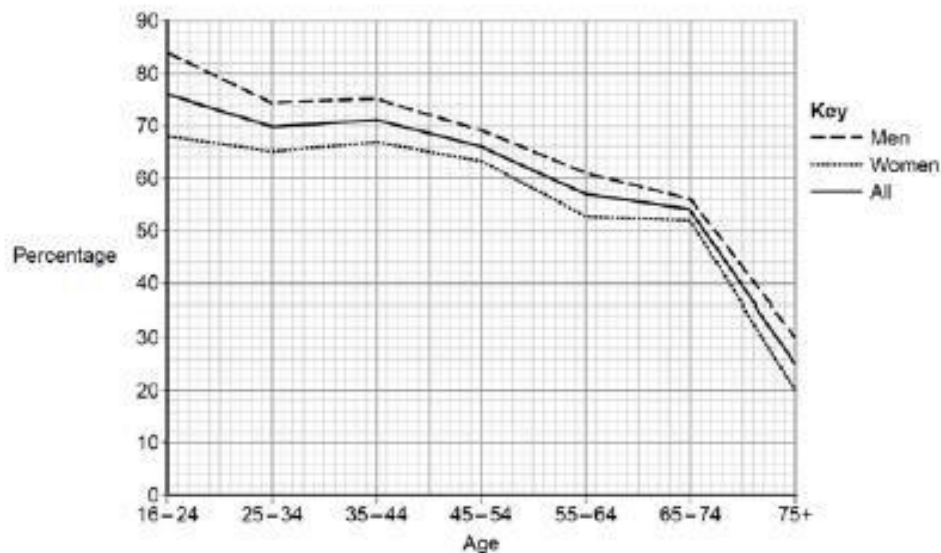
- 8 Explain how feedback can be used to improve performance in physical activity.

(Total 2 marks)

Sport and Society

1

The graph shows the percentage of adults in 2012 who met the expected physical activity rates set by the Government.



68% of women between the ages of 16 and 24 years achieved the expected physical activity rate.

Suggest three factors that may be preventing other women from meeting the expected physical activity rate.

(Total 3 marks)

2

Describe two different ways parents could help to improve a sportsperson's performance.

(Total 4 marks)

3

In which one of the following do female sports performers tend to have an advantage over male sports performers?

A Flexibility

☐

B Strength

☐

C Speed

☐

D Power

☐

(Total 1 mark)

- 4 Role models can greatly influence the levels of both performance and participation.
- (i) Explain, using an **example**, how a role model could help to improve the level of performance in a sport or activity. (3)
- (ii) Explain, using an **example**, how a role model could help to improve the level of participation in a sport or activity. (3)
- (Total 6 marks)
- 5 Name **two** social groups and explain how they may influence a young person's decision to participate in physical activity. (Total 4 marks)
- 6 (a) Define commercialisation. (1)
- (b) Evaluate the role of the media in the relationship between sport, sponsorship and the media. (2)
- (Total 3 marks)
- 7 State three types of sponsorship an individual may receive. (Total 3 marks)
- 8 Identify **two** benefits a sponsor would expect to receive as a result of sponsoring an athlete. (Total 2 marks)

Factors effecting optimal performance in sport

- 1 After performing any period of training, a cool down is important.
Identify two parts of an effective cool down.
(Total 2 marks)
- 2 Explain how completing a cool down after a game or training session is important to help recovery.
(Total 5 marks)
- 3 How much fat should a balanced diet contain?
- A 15–20% ☐
- B 25–30% ☐
- C 35–40% ☐
- D 55–60% ☐
- (Total 1 mark)
- 4 Before carrying out a weight training session using heavy weights, Robert carries out an appropriate warm up, including stretching of the major muscles that will be used.
Explain what other factors Robert should consider to reduce the chance of injury occurring during the session.
(Total 3 marks)
- 5 Which one of these performers is most likely to use altitude training?
- A Canoeist ☐
- B Gymnast ☐
- C Hockey player ☐
- D Marathon runner ☐
- (Total 1 mark)
- 6 Performers should use the principles of overload (frequency, intensity and time) when training.
Define frequency, intensity and time.
(Total 3 marks)

7

Which one of these are suitable methods of collecting qualitative data?

A Interviews and observations

☐

B Interviews and surveys

☐

C Observations and surveys

☐

D Questionnaires and surveys

☐

(Total 1 mark)

8

A group of five friends recently counted their daily calorie intake over a period of 7 days. Their average daily intake over this period is shown in the table below.

	Friend 1	Friend 2	Friend 3	Friend 4	Friend 5
Gender	Male	Male	Female	Male	Female
Average calories/day	2500	2300	1900	2200	2400

Analyse the information in the table above. Identify which one of the friends is eating above the recommended calorie intake per day for an average adult.

(Total 1 mark)

Biomechanical movement

1

The diagram shows a basketball player jumping to execute a shot.

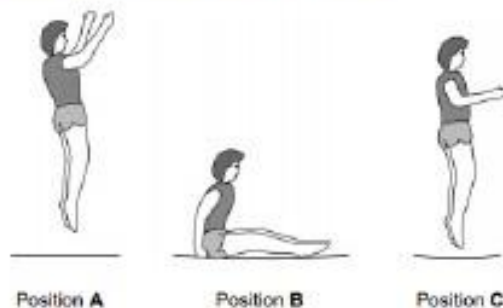


Draw the lever system which operates at the ankle joint in the space below. Label the fulcrum, effort and load.

(Total 1 mark)

2

(a) The diagram shows a trampolinist performing a seat drop.



Identify the type of movement that has taken place at the hip from Position A to Position B and the agonist muscle which has caused the movement.

(2)

(b) Evaluate the importance of muscular endurance to a trampoline performer when performing a routine.

(4)

(Total 6 marks)

3

Which one of these shows how to calculate the mechanical advantage of a lever?

A Effort arm \times weight (resistance) arm

☐

B Effort arm \div weight (resistance) arm

☐

C Effort arm $+$ weight (resistance) arm

☐

D Effort arm $-$ weight (resistance) arm

☐

(Total 1 mark)

4

Here is a diagram of a forehand tennis stroke.



Identify the plane and the axis when the arm bends at the elbow.

(Total 2 marks)

5

Here is a diagram of a forehand tennis stroke.



(a) Identify the type of lever being used at the elbow during the forehand tennis stroke.

(1)

(b) Draw a fully labelled diagram to show this type of lever.

(2)

(Total 3 marks)

6

The figure shows a gymnast performing a cartwheel.



Identify the plane and the axis about which the movement is taking place.

(Total 2 marks)

Sport Psychology

- 1 Milo is having beginner lessons from a golf coach at a local club. He has been completing a putting test every week to assess the accuracy of his putting skills. The test is taken over 100 putts.

On completion of the putting test in week 4, he was then asked to set his own target score for week 5.

The table below shows the results of tests and the target score set for week 5.

	Week 1	Week 2	Week 3	Week 4	Target score week 5
Successful putts	22	30	36	38	64

Explain why the golf coach may use performance goals to help motivate Milo to improve his score in week 5.

(Total 2 marks)

- 2 Which one of these is an example of intrinsic motivation when learning to swim?

- A Enjoying the swimming lessons ☐
- B Moving on to the next swimming level ☐
- C Receiving badges for distances swam ☐
- D Receiving praise from the swimming teacher ☐

(Total 1 mark)

- 3 Name two stress management techniques that could be used to control arousal.

(Total 2 marks)

- 4 The winners of the FA Women's Super League win a trophy at the end of the season.

Evaluate the use of a trophy as a form of extrinsic motivation.

(Total 3 marks)

- 5 In 2015, Manchester City footballer, Jill Scott, was sent off for an aggressive act in a game against Arsenal ladies.

Explain the difference between direct aggression and indirect aggression in physical activity and sport.

(Total 2 marks)

6 Which one of these is an example of extrinsic motivation?

A Personal achievement

☐

B Praise

☐

C Pride

☐

D Self-satisfaction

☐

(Total 1 mark)

7 Anna is a young athlete who is a member of her local athletics club. She has SMART targets.

(a) What do the S, M and T in SMART stand for?

(3)

(b) Anna is running a half marathon. Her previous best of 2 hours, 20 minutes was achieved last year. She has set herself the following target for this year:

'Finish in under 2 hours, 15 minutes.'

Justify why this is a SMART target.

(4)

(c) Define the terms performance goals and outcome goals.

(2)

(d) Suggest one performance goal and one outcome goal for a 100 m sprinter.

(2)

(Total 11 marks)

8 Which one of these activities is most suited to an introvert?

A Association football

☐

B Basketball

☐

C Canoeing

☐

D Rugby League

☐

(Total 1 mark)

Sport and Society

- 1 In 2016, 136 Russian track and field athletes were banned from competing at the Rio Olympics due to evidence of widespread use of performance enhancing drugs (PEDs) and blood doping.

Describe the process of blood doping.

(Total 3 marks)

- 2 Many performance enhancing drugs (PEDs) are not allowed in sport. However, some performers still take them because of the positive effect that they have on their bodies. Taking PEDs can also cause negative side effects.

Complete the table to identify one positive effect of anabolic agents on the performer's body and one possible negative side effect of diuretics on the performer's body.

Performance enhancing drugs and their effects

Performance enhancing drug	One positive effect on the performer's body	One possible negative side effect on the performer's body
Anabolic agents		High blood pressure
Diuretics	Increased amount of water excreted in urine	

(Total 2 marks)

- 3 Which one of these performance enhancing drugs is taken to reduce heart rate?

A Beta blockers

☐

B Diuretics

☐

C Peptide hormones (EPO)

☐

D Stimulants

☐

(Total 1 mark)

- 4 Suggest the negative impacts that Russia's ban at the Olympics may have had on the sport of athletics.

(Total 4 marks)

- 5 Suggest three possible negative effects of having spectators at a sporting event.

(Total 3 marks)

- 6 Explain how blood doping could improve the performance of a marathon runner.

(Total 3 marks)

7

Hooliganism has changed the way spectators are controlled at sporting events. State and describe **three** measures that have been taken to ensure good spectator behaviour at sporting events.

(Total 6 marks)

8

Correct etiquette is expected in sporting activities.

(a) Define etiquette.

(1)

(b) Describe **two** examples of correct sporting etiquette.

(2)

(Total 3 marks)

Define the following key terms

Ability

Cardiac Output

Dehydration

EPOC

Erythropoietin

Gamesmanship

Hypertrophy

Isometric

Motivation

Plane

Qualitative

Residual volume

Skill

Spirometer Trace

Viscosity

Sports Performance Portfolio

There are 2 roles to choose from when completing the practical aspect of the course:

1. Sports Performer
2. Sports Coach

If you are going to complete the practical aspect of the course as a performer in a sport, please complete this section:

Giving us as much information about your sports performance as you can, will help us to understand what grade you are aiming for and allows us to advise you better on how to achieve that grade.

Decide which sport you are going to perform in? You only need one, but it must be from the list in the specification.

This is like a CV for your sports career. Imagine you are promoting yourself to a premier league football club. You should buy me because... Tell us things like:

1. When you started training/competing in your sport

2. Which club/clubs have you represented?
3. Which club/clubs do you represent now?
4. How have you performed? Do you have personal bests or records? GCSE grades?
5. Have you competed in any notable competitions? I.e County championships?
6. Have you won any awards in your sport? I.e best club player?
7. Do you receive any funding or grants to help with your training or competition?

Now is not the time to be modest. Be proud of all that you have achieved and tell us about it. Type it up in a word document.

If you are going to complete the practical aspect of the course as a coach in a sport, please complete this section:

Please read the information in the specification about what is expected from a coach and ensure that the sport you wish to coach is on the list of approved activities.

A very simplified version of what you will need to do is on the next page:



In preparation for this work you can do the following things:

Whilst we are on lockdown you can:

1. Practice your analytical skills. Watch some performances on Youtube of past performances, or watch your own performances if you have any video footage. Can you pick out the faults? Why did that pass not make it's target? Why did that swimmer lose so many positions after the turn? How would you improve their performance? What practices would you plan for them?
2. Gather as many coaching resources as you can. Luckily for you, you don't have to buy books. It's all on the internet and lots of it is on Youtube. Make a list of useful websites and Youtube videos that might help you to analyse or plan practices.
3. Think about who you will analyse. They will need to be competing and you will need to be able to work with them for a sustained period of time in order to do your practices. Have a chat with them and check they will take part. Make sure they and their parents are happy to be filmed competing and practising.
4. Plan how you will do your training, where and when will it take place.
5. Send me your ideas.

The exams make up 70% of your final grade. Preparation for them is essential.

Activity 1.

Make matching pairs cards for the A level PE command words. Once you have made them, starting using them. Being able to interpret a question correctly allows you to access all the marks.

Command words

Analyse

Separate information into components and identify their characteristics.

Apply

Put into effect in a recognised way.

Assess

Make an informed judgement.

Calculate

Work out the value of something. **Comment**

Present an informed opinion. **Compare**

Identify similarities and or differences. **Complete**

Finish a task by adding to given information.

Consider

Review and respond to given information.

Contrast

Identify differences.

Define

Specify meaning.

Describe

Set out characteristics.

Discuss

Present key points about different ideas or strengths and weaknesses of an idea.

Evaluate

Judge from available evidence.

Explain

Set out purposes or reasons.

Give

Produce an answer from recall. **Identify**

Name or otherwise characterise.

Interpret

Translate information into recognisable form.

Justify

Support a case with evidence.

Label

Provide appropriate names on a diagram. **Name**

Identify using a recognised technical term.

Outline

Set out main characteristics. **Plot**

Mark on a graph.

State

Express clearly and briefly.

Sketch

Draw approximately.

Suggest

Present a possible case/solution.

Activity 2

Research the following concepts at AQA A level standard:

- a) Skill classification
 - b) Methods of presentation of practice
 - c) VO2 max
 - d) Energy systems
 - e) The influence of the Church on post industrial sport
- The text book we

recommend for this course is:

AQA A Level PE – Year 1 and 2 by Carl Atherton, Ross Howitt and Sue Young.

The following YouTube clips may also help you:

https://www.youtube.com/watch?v=IYcbtd6v7mA&list=PLzh4kOin3WArL_EFstlxY3tGb5JkKkFqS

<https://www.youtube.com/watch?v=mE-lyBMqQbE>

<https://www.youtube.com/watch?v=W27vxQ8lbZs>

<https://www.youtube.com/watch?v=r9SFsWbMO0w>

https://www.youtube.com/watch?v=n1WkxG-s_ul

<https://www.youtube.com/watch?v=jq9schN5FpU>

https://www.youtube.com/watch?v=B_0ttFE-0n4

Use your research and knowledge of command words to answer the following question.

a) Skill classification can be used to place skills onto a range of continua including:

- **Simple – Complex**
- **Discrete – Serial – Continuous**
- **Self-paced – Externally paced**
- **High Organisation – Low Organisation.**

‘Progressive part practice is suitable for developing a tumbling routine in gymnastics.’

Evaluate this statement, using your knowledge of the continua listed above. (15 marks)

- b) The photograph below shows Chris Froome. He is a British cyclist and multiple Tour de France winner.**

In 2015 he recorded a VO_2 max score of 84.6 ml / kg / min. An average cyclist would have a VO_2 max score of 40–42 ml / kg / min.



Analyse the factors which explain Chris Froome's higher VO_2 max and the effects these factors have on his performance. (Total 8 marks)

- c) The Church encouraged the post-industrial game of football.**

Explain how they achieved this and their reasons for encouraging the development of football. (Total 8 marks)

