

PE



Department

A-Level PE

(AQA)

Transition Work

Subject: Physical Education

Head of Department: Mr Davy

This is the member of staff who leads this subject area. The staff that are assigned to teach individual classes may differ depending on your timetable. If you have any questions regarding the material outlined here, or the subject in general you should contact them via email: gda@slougheton.com marking the message for their attention.

Links to key course material

- **Exam board website.** This website contains further information about your course, including assessment materials and other useful resources – <https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>
- **Course specification.** This document (which you should save a copy of) details the requirements of the course, including what you will learn, and how you will be assessed – <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7582-SP-2016.PDF>

A level Curriculum Map

The course is taught very much in line with the order of the AQA specification document. Each unit of work, of which there are 7 in total, are taught in the same order as the specification. The exam is split into Paper 1 (unit 1-3) and Paper 2 (unit 4-7). In Year 12 we focus on Paper 1 content and then in Year 13 we focus on Paper 2.

In the summer term of Year 12 we complete much of the written coursework, this falls under the term NEA material. Practical activity must be on-going across both years and students must be collating video evidence of their one chosen sport to have a wealth of evidence by February of Year 13.

Lessons are split between three teachers. Each teacher takes the lead on specific units of work.

From Sept 2026 this will be as follows for Year 12 students.

1. Applied Anatomy and Physiology 3 lessons per week
2. Skill Acquisition 2 lessons per week
3. Sport and Society 1 lesson per week

Course resources

The PE department will provide access to lesson slides onto Google Classroom. In September, students will have access to our online learning platform - the Everlearner and the following text book:

AQA A-level PE (Year 1 and Year 2) by Carl Atherton

Pre-course tasks (to be completed for Wednesday 2nd September 2026)

As a Sixth Former you will have more independent time to focus on your studies. This will include preparing for upcoming topics, consolidating recent topics, and reviewing past knowledge. The following

topic is covered in the first term. You need to complete the tasks set out below in order to be prepared for upcoming lessons.

1. Applied anatomy and physiology (GDA)

Olympic athletes - Energy systems, cardiorespiratory system and methods of training

Weightlifter - <https://www.youtube.com/watch?v=wPgACv8c94s>

Biathlete - https://www.youtube.com/watch?v=eXy_EE4H9Us

Resource A - http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2015-16/15-16_30/eng/02-during-the-game/Unit2-energy-systems-and-their-application%20.html

- Summarise the key physiological requirements of this sport
- Explain whether this sport is predominantly aerobic vs anaerobic or both. Justify your points.
- Describe the predominant energy system in each of these sports.
- Outline how each of these performers may train for their sport? Refer to specific methods of training and explain why they might choose this method.
- Explain the adaptations you might expect to see as a result of their training.
- Consider the impact of their training on their competitive performance.

Case Study- Musculoskeletal and neuromuscular systems.

Resource A - <https://www.teachpe.com/anatomy-physiology/structure-of-skeletal-muscle>

Resource B - <https://www.teachpe.com/anatomy-physiology/muscle-fibre-types>

Resource C - http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2015-16/15-16_30/eng/04-preparation/Unit4-musculo-skeletal-system.html

Task 1 - Using the information and video in resource A, copy the diagram of a skeletal muscle and explain each part of a skeletal muscle.

Task 2 - Using the information from resources B and C, make Cornell notes on the types of muscle fibres and identify 3 athletes that would predominantly use each type in their sport/event.

2. Skill acquisition (SBA)

Read the following article (link below) detailing 'The Stages of Learning'

Using [CORNELL NOTES](#), please make notes on the following:

1. *The three Stages of Learning and their characteristics (Fitts and Posner, 1967)*
2. *How to develop through these stages (use of feedback and guidance)*
3. *Provide examples of performers through each stage*

The article and a Youtube video can be found here:

<https://www.scienceforsport.com/skill-acquisition/>

3. Sport in Society

Using CORNELL NOTES taking method, summarise the 2 YouTube videos and 2 Podcasts:

Youtube videos:

[Socio-cultural factors affecting sport in pre-industrial Britain](#)

[Socio-cultural factors affecting sport in post-industrial Britain](#)

Podcasts:

[-‘The dawn of professional football’](#)

[-‘The rise of Olympism’](#)

Focus on key terminology and how sport evolved from pre-industrial Britain to Industrial/Post-industrial Britain. I would suggest watching the link to the YouTube video first, then listening to the podcasts once without making notes and then a second time making rough notes and transferring these into Cornell notes style.

4. NEA: Personal Performance Profile (GDA/SBA)

Find your chosen sport in the AQA A Level specification (from pages 42-102)

[A Level PE Specification](#)

From area of assessment 2 section, choose a defensive skill that is a **weakness** for you in that sport. Please write a summary including the following:

- What is your defensive skill weakness (from the spec)?
- Why is performing that skill well important in your sport?
- What are the consequences of you not performing that skill well?
- Provide 3 competitive (match) scenarios where this weakness was evident and how it affected you/your team.