



# Wallington High School for Girls

## Sixth Form

Subject: PE		Exam board: AQA
<b>Course information:</b>		
<b>A level</b>	Paper 1	Factors affecting participation in physical activity and sport (35%) <ul style="list-style-type: none"><li>• Section A: Applied anatomy and physiology</li><li>• Section B: Skill acquisition</li><li>• Section C: Sport and society</li></ul>
	Paper 2	Factors affecting optimal performance in physical activity and sport (35%) <ul style="list-style-type: none"><li>• Section A: Exercise physiology and biomechanics</li><li>• Section B: Sport psychology</li><li>• Section C: Sport and society and technology in sport</li></ul>
	Practical	Students participate in a range of sports in lessons and then select <b>one</b> sport in which to be assessed in for their final moderation (30%)
<b>Summer Transition Work:</b>		
<b>Part 1: Applied Anatomy &amp; Physiology</b>		
<b>Topic:</b> The Cardiovascular and Respiratory Systems		
Research and explain how the cardiovascular and respiratory systems respond to exercise. Include diagrams to support your explanation. Apply your knowledge to a sport of your choice (e.g., football, swimming, athletics). How do these systems adapt in elite performers?		
<b>Extension:</b> Compare the short-term and long-term effects of exercise on these systems.		
<b>Part 2: Skill Acquisition</b>		
<b>Topic:</b> Classification of Skills		
Define and give examples of the following skill classifications: Open vs Closed Gross vs Fine Self-paced vs Externally-paced Choose a sport and classify five skills using the above categories. Explain how understanding skill classification can help a coach improve performance.		
<b>Part 3: Sport and Society</b>		
<b>Topic:</b> The Development of Sport in the UK		
Research the impact of the Industrial Revolution on the development of modern sport. Identify key changes in society that influenced participation and organisation of sport. Create a timeline showing the evolution of sport from pre-industrial to post-industrial Britain.		
<b>Part 4: Personal Reflection</b>		
<b>Topic:</b> Your Journey in Sport		



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Write a short reflection (300–500 words) on your personal experience in sport.

Consider:

What motivates you?

What challenges have you faced?

How do you hope to develop during A Level PE?

**Approximate completion time:** 5 hours

**Suggested Summer Wider Reading:**

### **Core Textbooks (AQA Approved)**

#### **AQA A-level PE (Year 1 and Year 2)**

**Authors:** Carl Atherton, Ross Howitt, Sue Young

**Publisher:** Hodder Education (2019)

**ISBN:** 9781510457563

*Comprehensive coverage of the full AQA A-level specification.*

#### **My Revision Notes: AQA A-level PE**

**Authors:** Sue Young, Symond Burrows, Michaela Byrne

**Publisher:** Hodder Education (2018)

**ISBN:** 9781510432331

*Ideal for exam preparation and topic summaries.*

### **Wider Reading & Enrichment**

#### **Bounce: The Myth of Talent and the Power of Practice**

**Author:** Matthew Syed

**Publisher:** Fourth Estate (2010)

**ISBN:** 9780007350544

*Explores the psychology of elite performance and the science behind success.*

#### **The Sports Gene: Inside the Science of Extraordinary Athletic Performance**