

YOUR JOURNEY



TO BECOMING EXAM READY

WELCOME TO A LEVEL PHYSICAL EDUCATION



This specification has been designed to allow you to develop an appreciation of physical education in a wide range of contexts. The specification is designed to integrate theory and practice with an emphasis on the application of theoretical knowledge. You will develop an understanding of how the various theoretical concepts impact on their own performance, through the integration of theory and practice.

PLANNING AHEAD...

The WJEC Eduqas A level in Physical Education equips you with a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education

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 the how your body moves.

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

Think about why you play sport and take part in physical activity.

Consider the impact of media coverage on sports development.

Watch other training and develop physically for life 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?

Component 1: Exploring Concepts in Physical Education

- 2 hours | 35% of qualification | 105 marks

Contextualised questions to include multiple choice, data response, short and extended answers.

Component 2: Evaluating Physical Education.

- 2 hour examination | 35% of qualification | 105 marks
- Contextualised questions to include multiple choice, data response, short and extended answers

Component 3: Improving Personal Performance in Physical Education

- Non-examination assessment: marked by your teacher, externally moderated by WJEC
- 30% of qualification | 90 marks

This includes:

- practical performance in one activity as a player/performer or coach (15%)
- Learners must demonstrate and apply the relevant skills and techniques for the sport/activity. All activities should be played under competitive/formal conditions.
- Learners must plan and deliver a progressive coaching session as part of a training programme
- Activities that are acceptable for assessment as an official can be seen in Appendix B of the specification.
- Analysis and Evaluation of Performance (15%)
- The analysis and evaluation should help the learner to improve personal performance as a player/performer or coach. It must be linked to the chosen practical activity and contain research into appropriate theoretical subject content.