

## A Level PE 'Getting started'



This simple guide is designed to help you prepare for your first year of A Level Physical Education so when you arrive in September you already know about your course. Please take time to read the following useful tips.

### What's it all about?

The course you have chosen has a **60%** focus on the theory of sport and **40%** on the practical. We have broken down each of the two parts here to help you research and generate an idea of what's to come. AQA is your exam board [www.aqa.org.uk](http://www.aqa.org.uk)

### **Practical – HAVE A READ AND DECIDE BEFORE YOU ARRIVE, WHICH SPORT / ROLE?**

You select ONE sport that you will be assessed in. We recommend that you select the sports you perform at the highest levels in in order to secure the highest marks. You can select the following roles;

PERFORMER	You will be assessed PERFORMING in a sport
COACH	You be assessed COACHING a sport and will benefit from completing a National Governing Body coaching aware (for example FA Level 1).
OFFICIAL	You will be assessed OFFICIATING a game

**Theory – TAKE A LITTLE TIME TO ANSWER THESE QUESTIONS IN PREPARATION FOR THE LESSONS THAT LIE AHEAD**



**Q1: For every hour spent in AS theory I need to complete at least 1 hour of independent study, how do I study best?**

**Q2: Visit the AQA website and spend some time navigating round to find out more about the course. What new information did you find that you didn't already know?**

**(Here are some hints)**

**<http://www.aqa.org.uk/>**

**Q3: Where can I view a past paper to see what the exams are like?**

**Q4: Where can I download the specification so I can read about all of the theory content and what topics will be covered?**

**<http://www.aqa.org.uk/subjects/physical-education/as-and-a-level>**

**For additional information on the course email [alex.more@shaftesburyschool.co.uk](mailto:alex.more@shaftesburyschool.co.uk)**

**GOOD LUCK!**