



A Level Syllabus and Assessment Structure:

A Level PE has 3 exam papers:
 Paper 1 - Exercise Physiology & Anatomy and Physiology
 Paper 2 - Skill Acquisition & Sport Psychology
 Paper 3 - Socio-Cultural Issues in Sport

Pupils will also be assessed on an NEA section – which takes into account ONE practical sport and an EAPI (a verbal analysis and evaluation task)

Required (Task Time: 1hr 30)	Complete mind maps on the following topics (20 mins per topic). Paper 1: - Skeletal and Muscular Systems - Cardiovascular and respiratory systems - Diet and nutrition - Biomechanical principles, levers and the use of technology Paper 2: - Skill Classifications - Types of Practice and Transfer of Skills - Theories of Learning and Stages of Learning Paper 3: - Emergence and Evolution of Modern Sport - Global Sporting Events - Ethics and Deviance in Sport
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Highly Recommended (Task Time: 1hr)	The PE Dept. highly recommend that you engage with a number of major sporting events throughout the summer and try to consider how you can apply these to the course content. Complete mind maps on the following topics (20 mins per topic). Paper 1: - Energy for exercise - Environmental effects on body systems - Injury prevention and the rehabilitation of injury Paper 2: - Memory Models - Individual Differences and Stress Management
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	<ul style="list-style-type: none"> - Group and Team Dynamics and Goal Setting <p>Paper 3:</p> <ul style="list-style-type: none"> - Commercialisation and Media - Routes to Sporting Excellence - Modern Technology in Sport
Optional	Complete mind maps on the following topics (20 mins per topic).
Additional Mind Maps	<ul style="list-style-type: none"> - Attribution - Linear motion, angular motion, fluid mechanics and projectile motion - Confidence & Leadership
Optional	The score takes care of itself: my philosophy of leadership Joe Montana and Walsh Portfolio, 2010.
Additional Readings	<p>The talent code: greatness isn't born, it's grown Daniel Coyle Arrow, 2010</p> <p>What it takes to be #1: Vince Lombardi on leadership Vince Lombardi McGr Hill, 2003.</p> <p>Black box thinking: the surprising truth about success Matthew Syed John Murray, 2015.</p> <p>Bounce: the myth of talent and the power of practice Matthew Syed Fourth Estate, 2011.</p> <p>Range – David Epstein</p> <p>The Sports Gene – David Epstein</p> <p>Mind Games – Annie Vernon</p>