

A Level Overview

The A Level in Physical Education is 70% theory and 30% non-exam assessment (practical performance), of which 15% is based on students being assessed in the role of player/performer or coach and 15% is analysis and evaluation of performance.

Component / Paper 1 (35%)

Factors affecting participation in physical activity and sport

Content assessed:

- Section A Applied anatomy and physiology (35 marks)
- Section B Skill acquisition (35 marks)
- Section C Sport and society (35 marks)

Assessment format: Written exam (multiple-choice, short answer and extended writing)

Two hours
105 marks
35% of A Level

Component / Paper 2 (35%)

Factors affecting participation in physical activity and sport

Content assessed:

- Section A Exercise Physiology & Biomechanics (35 marks)
- Section B Sport Psychology (35 marks)
- Section C Sport and society and technology in Sport (35 marks)

Assessment format: Written exam (multiple-choice, short answer and extended writing).

Two hours
105 marks
35% of A Level

Component 3 (30%)

Practical performance in physical activity and sport

Content assessed: Students assessed as a performer or coach in the full-sided version of one activity, plus written/verbal analysis of performance.

Assessment format: Internal assessment, external moderation

90 Marks and 30% of A Level.