

# PE Department

## KS5

AS/A2 (AQA AS Award 1581/A2 Award 2581)

The course is 40% practical and 60% theoretical.

### AS

- **Unit 1 – PHED1 - Theory (Opportunities for and the effects of leading a healthy and active lifestyle)**
  - 84 marks, worth 60% of the AS-level and 30% of the A-level
  - Written Paper, 2 hours
  - Two sections:
    - Section A – six structured questions
    - Section B – application of theoretical knowledge to a practical situation
- **Unit 2 – PHED2 – Practical (Analysis and evaluation of physical activity as a performer and/or in an adopted role/s)**
  - 100 marks, worth 40% of the AS-level and 20% of the A-level
  - Internal assessment with external moderation
  - Candidates perform, analyse and evaluate the execution of core skills/techniques in isolation and in structured practice as either a player/performer and in an adopted role or two adopted roles.

### A2

- **Unit 3 – PHED3 – Theory (Optimising performance and evaluating contemporary issues within sport).**
  - 84 marks, 30% of the A-level
  - 2 hour written examination
  - Three sections:
    - Section A – how exercise physiology can optimise performance
    - Section B – how application of psychological knowledge can optimise performance
    - Section C – contemporary influences in sport and their impact on the performer
- **Unit 4 – PHED4 – Practical (Optimising practical performance in a competitive situation).**
  - 120 marks, worth 20% of the A-level
  - Internal assessment with external moderation
  - Students perform, analyse and evaluate their own performance, identify areas of performance they could improve, and suggest causes and appropriate corrective measures.