

# AQA A-Level PE - Overview Sheet

**Paper 1**

**35%**

**Paper 2**

**35%**

**Practical**

**30%**

## Theory/Exam

### **Paper 1 - Factors Affecting Participation in Physical Activity and Sport**

The paper is split into Section A, B and C. Each section is worth 35 marks.  
Extended questions will require knowledge from two topics.



**Section A: Applied Anatomy and Physiology**

**Section B: Skill Acquisition**

**Section C: Sport and Society**

**2 hours. 105 marks total.**

## Theory/Exam

### **Paper 2 - Factors Affecting Optimal Performance in Physical Activity and Sport**

The paper is split into Section A, B and C. Each section is worth 35 marks.  
Extended questions will require knowledge from two topics.

**Section A: Exercise Physiology and Biomechanics**

**Section B: Sports Psychology**

**Section C: Sport, Society and Technology in Sport**

**2 hours. 105 marks total.**



## Practical

### **Part 1 - Performance Assessment (Practical Performance)**

You will be assessed in one activity as a player/performer on your technical execution of relevant skills and application of strategies/tactics within the sport.

**45 marks.**



### **Part 2 - Performance Analysis Assessment (Analysis & Evaluation)**

You must analyse and evaluate either your own performance or someone else's for an activity.

This can be written format, Powerpoint presentation or interview.

**45 marks.**

**90 marks total.**