



Transition Pack

A level PE



2026

Name: _____

Total Marks: 60

/60

Introduction to the course:

Component 01: Physiological factors affecting performance

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics, including technology in sport.

Component 02: Psychological and socio-cultural themes in physical education

- 2.1 Skill acquisition
- 2.2 Sports psychology
- 2.3 Sport and society.

Each area is taught by a separate teacher.

In addition there will be practical lessons as the course allows.

Practical assessment is in 1 sport and it is expected that you are at least club standard in 1 sport to allow you to achieve at least a satisfactory score.

| Content Overview | Assessment Overview |
|---|--|
| <p>H555/01 Physiological factors affecting performance</p> <p>This component will assess:</p> <ul style="list-style-type: none">• 1.1 Applied anatomy and physiology• 1.2 Exercise physiology• 1.3 Biomechanics | <p>Written paper: 2 hours 30% of total A Level 90 marks</p> <p>This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.</p> |
| <p>H555/02 Psychological factors affecting performance</p> <p>This component will assess:</p> <ul style="list-style-type: none">• 2.1 Skill acquisition• 2.2 Sports psychology | <p>Written paper: 1 hour 20% of total A Level 60 marks</p> <p>This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.</p> |
| <p>H555/03 Socio-cultural issues in physical activity and sport</p> <p>This component will assess:</p> <ul style="list-style-type: none">• 3.1 Sport and society• 3.2 Contemporary issues in physical activity and sport | <p>Written paper: 1 hour 20% of total A Level 60 marks</p> <p>This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.</p> |
| <p>H555/05 Practical Performances</p> <p>This component will assess either:</p> <ul style="list-style-type: none">• core and advanced skills in performing one activity <p>or</p> <ul style="list-style-type: none">• core and advanced skills in coaching one activity. | <p>Non-exam assessment (NEA) 15% of total A Level 30 marks, weighted up to 45 marks</p> <p>This NEA will consist of one activity taken from the approved list. Learners can be assessed in the role of performer or coach.</p> |
| <p>H555/06 Evaluating and Analysing Performance for Improvement</p> <p>This component draws upon the knowledge, understanding and skills a learner has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity.</p> | <p>Non-exam assessment (NEA) 15% of total A Level 30 marks, weighted up to 45 marks</p> <p>This NEA will consist of observing a live or recorded performance by a peer and then providing an oral response analysing and critically evaluating the performance.</p> |

Sport and Society

Hosting a Global Sports Event (such as the Olympics)

Fill in the boxes below, thinking about the **positives** and **negatives** to the host city/country. **(10 Marks)**

| Sporting | Social |
|-----------------|---------------|
| | |

| | |
|-----------------|------------------|
| Economic | Political |
|-----------------|------------------|

Sport Psychology

Arousal

Define arousal? _____

(3 Marks)

What is 'Drive Theory'?

(3 Marks)

Draw and label a diagram describing/explaining Inverted U theory?

(6 Marks)



Skill Acquisition

In order to improve their performance, badminton players need motivation.

Explain the meaning of the term 'motivation'?

(3 marks)

How could a coach motivate a badminton player to improve?

(3 marks)

Briefly explain the terms 'ability' and 'skill'.

(3 marks)

What are the characteristics of a skilled performance?

(3 marks)

Describe how the type of feedback being used by a long jumper differs between the early stage of learning and the final stage of learning.

(4 marks)

Biomechanics

Define and give a sporting example for each of the following: **(6 Marks)**

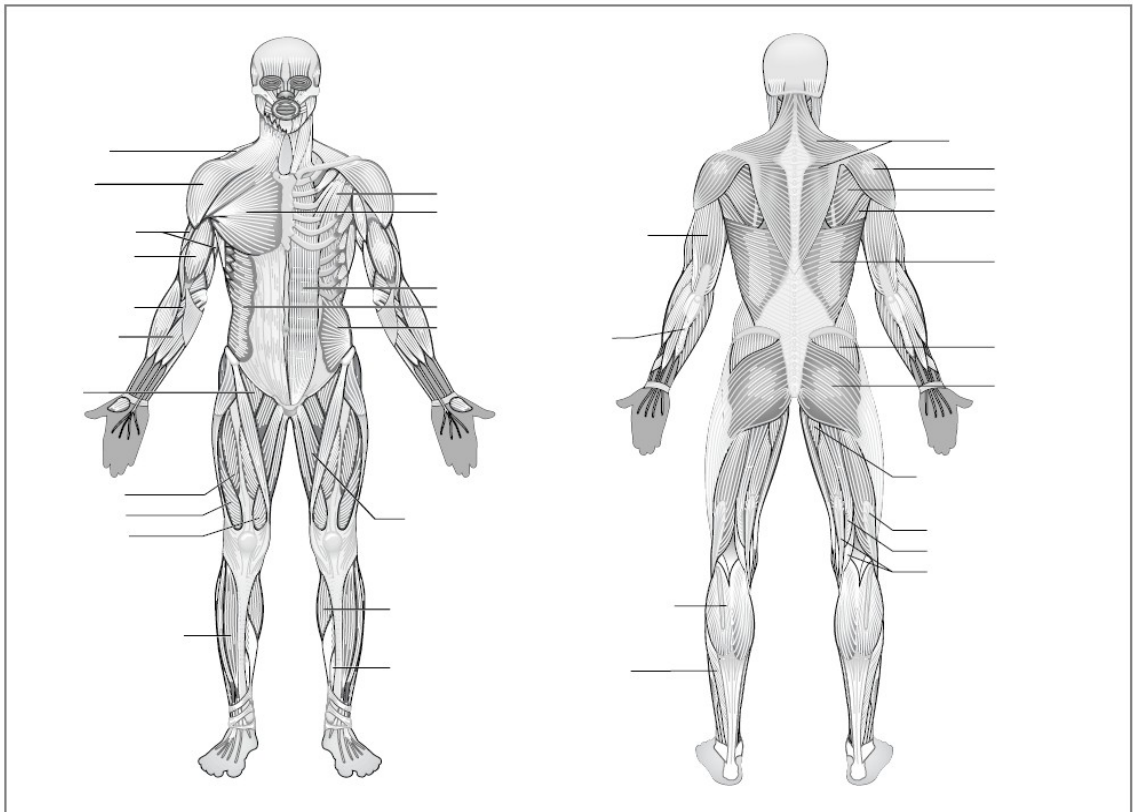
Newton's First Law

Newton's Second Law

Newton's Third Law

Exercise Physiology

The muscular system: Label at least 24 muscles on the diagram below (you need to write the complete names for the muscles within the quadriceps and hamstring, and you might find the lines confusing at times) **(8 Marks)**



Complete the table below – 4 different types of joint in the body along with an example and the possible movements (some will have more than others).
(8 Marks)

| Joint | Sporting example | Movements possible |
|-----------|------------------|--------------------|
| Eg: Hinge | | |
| | | |
| | | |
| | | |