

## Edexcel GCE PE (GCE 2008) Information for AQA Centres

Like the new Edexcel specification, the AQA course is made up of 4 units with a split in each year between an examined theoretical unit and a practical coursework unit. In the AQA specification the examined Units are worth 60% of the AS and 30% of the total A level grade, with Edexcel there is a 50%-50% split giving students more chance to pick up marks through their practical sports performance and related coursework. In terms of unit content there is a close match between the AQA and the new Edexcel units.

AQA Unit Content	New Content	Deleted content
<p>Unit 1 - PHED1 <b>Opportunities for the effects of leading a healthy and active lifestyle</b></p> <ul style="list-style-type: none"> <li>• Applied exercise physiology</li> <li>• Skill acquisition</li> <li>• Opportunities for participation</li> </ul>	<p>Unit 1 - 6PE01 <b>Participation in sport and recreation</b> Healthy &amp; Active lifestyles</p> <ul style="list-style-type: none"> <li>• Effects of exercise</li> <li>• Fitness and training</li> <li>• Development of competitive sport</li> <li>• Performance pathways</li> <li>• Lifelong involvement</li> </ul>	<p>There is no exam assessment of skill acquisition this is covered in the practical element of Unit 2.</p> <p>The Edexcel specification makes delivery of this section more straightforward as all content is delivered and assessed in the one unit.</p> <p>In the AQA course large chunks of content such as training methods and teaching styles are delivered through Unit 2 but assessed in the Unit 1 exam.</p>
<p>Unit 2 -PHED2 <b>Analysis and evaluation of physical activity as a performer and/or in an adopted role/s</b></p> <ul style="list-style-type: none"> <li>• Part A: Ability as a performer, official or leader.</li> <li>• Part B: Application of theoretical knowledge for effective performance.</li> </ul>	<p>Unit 2 - 6PE02 The critical Sports performer</p> <ul style="list-style-type: none"> <li>• Personal performance</li> <li>• Local study of sport</li> <li>• National study of sport</li> <li>• Performance analysis</li> </ul>	<p>In the AQA specification a candidate must be assessed in two roles from two different sports activities.</p> <p>In the Edexcel course candidates can choose just one sports activity and be assessed in two roles from that sport.</p> <p>Part B of the AQA specification is assessed through the Unit 1 exam. In the Edexcel course the analysis section is assessed through three coursework tasks.</p>

<p>Unit 3 - PHED 3  <b>Optimising performance and evaluating contemporary issues within sport</b></p> <ul style="list-style-type: none"> <li>• Applied physiology to optimise performance</li> <li>• Psychological aspects that optimise performance</li> <li>• Evaluating contemporary influences</li> </ul>	<p>Unit 3 - 6PE03  <b>Preparation for optimum sports performance</b></p> <ul style="list-style-type: none"> <li>• Short-term preparation           <ul style="list-style-type: none"> <li>- Short-term physiological</li> <li>- Short-term psychological</li> <li>- Short-term technical</li> <li>- Fatigue and recovery</li> </ul> </li> <li>• Long-term preparation           <ul style="list-style-type: none"> <li>- Long-term physiological</li> <li>- Long-term psychological</li> <li>- Long-term technical</li> </ul> </li> <li>• Managing Elite performance</li> </ul>	<p>The Edexcel course is very applied allowing candidates to link the theoretical topics to their own sports and roles. There are close links to contemporary global sports events.</p> <p>The AQA specification includes a compulsory section on mechanics.</p> <p>The Edexcel specification approaches this area from a more technical view looking at the use of equipment and kit in optimising sports performance.</p>
<p>Unit 4 - PHED 4  <b>Optimising practical performance in a competitive situation:</b></p> <ul style="list-style-type: none"> <li>• Part A: Practical performance.</li> <li>• Part B: Observation, analysis and critical evaluation.</li> <li>• Part C: Application of knowledge and understanding to optimise performance.</li> </ul>	<p>Unit 4 - 6PE04  <b>The developing sports performer</b></p> <ul style="list-style-type: none"> <li>• Development plan</li> <li>• International study of sport</li> <li>• Progressive participation</li> <li>• Life plan</li> </ul>	<p>AQA candidates are assessed in three areas of assessment through a range of centre-chosen activities, Edexcel candidates are assessed through 4 prescribed tasks. In both specifications candidates will be assessed in one role (performer/leader/official) from one sports activity.</p> <p>The Edexcel specification requires the candidates to complete a 'life plan' which requires them to research their own personal opportunities for participation in the future.</p>



## Information for OCR Centres

Like the new Edexcel specification, the OCR course is made up of 4 units with a split in each year between an examined theoretical unit and a practical coursework unit. In the OCR specification the examined Units are worth 60% of the AS and 30% of the final A level grade, with Edexcel there is a 50%-50% split giving students more chance to pick up marks through their practical sports performance and related coursework. In terms of unit content there is a close match between the OCR and the new Edexcel units.

OCR Unit Content	New Content	Deleted content
<p><b>Unit 1 - G451 An introduction to physical education</b></p> <p><b>Anatomy and Physiology (Section A)</b></p> <ul style="list-style-type: none"> <li>• The skeletal and muscular systems</li> <li>• Motion and movement</li> <li>• The cardiovascular and respiratory systems</li> </ul> <p><b>Acquiring Movement Skills (Section B)</b></p> <ul style="list-style-type: none"> <li>• Classification of motor skills and abilities</li> <li>• The development of motor skills</li> <li>• Information processing</li> <li>• Motor control of skills in physical activity</li> <li>• Learning skills in physical activity</li> </ul> <p><b>Socio-Cultural Studies (Section C)</b></p> <ul style="list-style-type: none"> <li>• Physical activity</li> <li>• Sport and culture</li> <li>• Contemporary sporting issues</li> </ul>	<p><b>Unit 1 - 6PE01 Participation in sport and recreation</b></p> <p>Healthy &amp; Active lifestyles</p> <ul style="list-style-type: none"> <li>• Effects of exercise</li> <li>• Fitness and training</li> <li>• Development of competitive sport</li> <li>• Performance pathways</li> <li>• Lifelong involvement</li> </ul>	<p>There is no exam assessment of skill acquisition (Acquiring Movement Skills) this is covered in the practical element of Unit 2.</p> <p>The Edexcel specification makes delivery of this section more straightforward as all content is delivered through the practical unit.</p>

<p><b>Unit 2 - G452 Acquiring, developing and evaluating practical skills in Physical Education</b>        This unit is made up of two assessments:</p> <ul style="list-style-type: none"> <li>• performance</li> <li>• evaluating and planning for their improvement of performance.</li> </ul> <p>Candidates will be assessed in:</p> <ol style="list-style-type: none"> <li>1. performing two chosen activities from two different activity profiles and evaluating and planning for the improvement of performance</li> </ol> <p>OR</p> <ol style="list-style-type: none"> <li>2. performing one chosen activity and coaching/leading one chosen activity from two different activity profiles, together with evaluating and planning for the improvement of performance</li> </ol> <p>OR</p> <ol style="list-style-type: none"> <li>3. performing one chosen activity and officiating one chosen activity from two different activities, together with evaluating and planning for the improvement of performance.</li> </ol>	<p><b>Unit 2 - 6PE02 The critical sports performer</b></p> <ul style="list-style-type: none"> <li>• Personal performance</li> <li>• Local study of sport</li> <li>• National study of sport</li> <li>• Performance analysis</li> </ul> <p>Candidates are assed in two roles from performer/leader/official.</p>	<p>In the AQA specification a candidate must be assessed in two roles from two different sports Activities in the Edexcel course candidates can choose just one sports activity and be assessed in two roles from that sport.</p> <p>OCR candidates must choose two chosen activities from two different prescribed activity profiles.</p> <p>OCR candidates need to submit 40 minutes of video record for each of their two roles. There is no compulsory requirement of video for Edexcel candidates.</p>
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<p>Unit 3 - G453  <b>Principle and concepts across different areas of physical education</b>          Section A: Socio-cultural Options</p> <ul style="list-style-type: none"> <li>• Historical Studies (Option A1)</li> <li>• Comparative Studies (Option A2)</li> </ul> <p>Section B: Scientific Options</p> <ul style="list-style-type: none"> <li>• Sports Psychology (Option B1)</li> <li>• Biomechanics (Option B2)</li> <li>• Exercise and Sport Physiology (Option B3)</li> </ul>	<p>Unit 3 - 6PE03  <b>Preparation for optimum sports performance</b></p> <ul style="list-style-type: none"> <li>• Short-term preparation           <ul style="list-style-type: none"> <li>- Short-term physiological</li> <li>- Short-term psychological</li> <li>- Short-term technical</li> <li>- Fatigue and recovery</li> </ul> </li> <li>• Long-term preparation           <ul style="list-style-type: none"> <li>- Long-term physiological</li> <li>- Long-term psychological</li> <li>- Long-term technical</li> </ul> </li> <li>• Managing elite performance</li> </ul>	<p>The Edexcel course is very applied allowing candidates to link the theoretical topics to their own sports and roles. There are close links to contemporary global sports events. The OCR specification requires candidates to answer questions from three of the five possible options, with at least one option from section A (socio-cultural options) and includes a compulsory section on mechanics.</p>
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<p>Unit 4 - G454  <b>The improvement of effective performance and the critical evaluation of practical activities in PE</b>          Candidates will be assessed in:</p> <ol style="list-style-type: none"> <li>1. performing one chosen activity from one of the activity profiles and the evaluation, appreciation and improvement of performance</li> <li>2. coaching/leading one chosen activity from one of the activity profiles and the evaluation, appreciation and improvement of performance</li> <li>3. officiating one chosen activity from one of the activity profiles and the evaluation, appreciation and improvement of performance.</li> </ol> <p>Assessment is through performance log and analysis of live performance.</p>	<p>Unit 4 - 6PE04  <b>The developing sports performer</b></p> <ul style="list-style-type: none"> <li>• Development plan</li> <li>• International study of sport</li> <li>• Progressive participation</li> <li>• Life plan</li> </ul> <p>Candidates are assessed in one role from performer/leader/official in one sporting activity.</p>	<p>OCR candidates are assessed in one of the roles. They need to submit a log of activity and an analysis of a live performance by another candidate in their own assessment activity.</p> <p>Edexcel candidates are assessed through four prescribed tasks. In both specifications candidates will be assessed in one role (performer/leader/official) from 1 sports activity.</p> <p>The Edexcel specification requires the candidates to complete a 'life plan', which requires them to research their own personal opportunities for participation in the future.</p> <p>OCR candidates need to submit 40 minutes of video record for each of their two roles. There is no compulsory requirement of video for Edexcel candidates.</p>
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