



## MORE DETAIL ON UNIT 6 OF THE A2

- A) Compulsory synoptic Assignment**
- A written assignment of 1000 to 3000 words.
  - An analysis and evaluation of a live or video performance
  - Candidates must use their understanding from six relevant topics selected from the A2 course.
- B) Option of practical or project**
- Candidates will select one activity from the list of sports on page 3

**NOTE:** Candidates will be encouraged to opt for the project option for A2 at Malbank.

- The project will be an investigation of the factors which lead to optimising their own or others performance in a selected activity.
- The project must not be less than 2000 words.
- The structure of the project will be as follows:-

Abstract, Planning, Observation and Analysis, Application of module content, Evaluation, Support from relevant literature, Method, Results, Conclusion, Appraisal, Bibliography, Communication.

### Malbank Sports facilities

#### A Sports hall with:

- 6 Badminton Courts
- 3 Volleyball Courts
- 2 Basketball Courts
- 1 Indoor Tennis Court
- 1 International Size Netball Court
- 2 Indoor Cricket Nets
- Five- A-Side Football
- Gymnastic Equipment
- 3 Trampolines & 2 Spotting Decks

#### Hard court area with:

- 4 Netball Courts
- 6 Tennis Courts

#### All weather area

- 1 International Size Hockey Pitch
- 6 Cricket Nets & 2 Nets Indoors
- 3 5 aside Football Areas

#### Grass areas with:

- 2 Football Pitches
- 1 Rugby Pitch
- 1 Cricket Pitch
- 1 Athletic 6 Lane Track
- 2 x Long Jump/Triple Jump Pits
- Shot, Discus & Javelin Throwing areas

*For further information please contact Mr Arnold/Mr Symms or phone 01270 611009*

# SPORTS STUDIES



## MALBANK SCHOOL AND SIXTH FORM COLLEGE



## Sport and Physical Education (AS)

- A one year course
- Theory and Practical lectures
- Nine hours of lecture time per fortnight
- Assessment has three units
- Unit 3 has an additional option of assessment by project or practical demonstration

AS Examination
<p><b>Unit 1</b> 40% of total AS marks 20% of total A level <i>Physiological and Psychological factors which improve performance</i> 1½ hours written examination : 4 from 5 questions</p>
<p><b>Unit 2</b> 30% of total AS marks 15% of total A level <i>Socio-Cultural and Historical factors which influence performance</i> 1½ hours written examination : 3 from 4 questions</p>
<p><b>Unit 3</b> 30% of total AS marks 15% of total A level <i>Analysis and improvement of performance</i> Coursework a) Compulsory: Plan, Perform and evaluate an exercise programme b) Option: practical demonstration or project</p>

- The final certification can be used as a stand alone qualification or
- As the first half (50%) of an Advanced Level (A2)

## More detail on Unit 3 of the AS

### COURSEWORK

- A) Compulsory – Plan, perform and evaluate an exercise programme  
ALL candidates will
- Administer a variety of fitness tests
  - Plan an exercise programme using a variety of exercise activities
  - Complete the programme personally for a period of 5-6 weeks
  - Evaluate the programme i.e. note any improvement in personal fitness and be able to account for it and plan for further improvement.

NOTE: this element of the AS will be

physically demanding

B) Option of project or practical

Candidates will select one activity from the list below:-

Artistic (Aesthetic)

Athletic

Swimming

Outdoor and Adventurous

Individual Activities

Team Games

NOTE: Candidates will be encouraged to opt for the practical option for AS at Malbank

## SPORT AND PHYSICAL EDUCATION (A2)

- A two year course



- Theory and practical lectures
- Nine hours of lecture time per fortnight
- Assessment has three compulsory units from the AS and three further compulsory units from the A2.

\* Assessment has three

compulsory units from the AS and three further compulsory units from the A2.

- Unit 6 has an option of assessment by project or practical.

A2 Examination
<p><b>Unit 4</b> 15% of total A level marks <i>Physiological, Biomechanical and Psychological Factors which optimise performance</i> 1½ hours written examination : 4 from 5 questions</p>
<p><b>Unit 5</b> 17½% of total A level marks <i>Factors affecting the nature and development of Elite performance</i> 1½ hours written examination : 5 from 7 questions</p>
<p><b>Unit 6</b> 17½% of total A Level marks <i>Analysis and Critical Evaluation of factors which optimise performance</i> Coursework : a) compulsory; synoptic assignment 1000-3000 words b) option, practical demonstration or project</p>