

## **A Level PE SUMMER TASK**

As part of your PE practical assessment you will have to complete an oral assessment, this is known as your Assessment and Evaluation and is worth 15% of your overall grade.

### **TASK 1**

You will need to pick out 2 weaknesses in your performance one needs to be a defensive weakness and one needs to be a tactical weakness.

You need to justify why it is a weakness and compare it to perfect model with images and technical language about muscles, Movements, levers, planes and axis. Pictures are really important.

The assessment is similar to your AOP (Analysis of Performance) at GCSE; but requires a lot more depth and knowledge. To enable you to prepare effectively you need to complete the following task prior to the course in September.

### **TASK 2**

**You** are required to produce DVD evidence of your chosen practical activity. This evidence must be submitted to your teacher for first viewing in January 2020. If you are using seasonal activities you will need to use the summer to collect this video evidence as you will not have opportunity to do so before the hand in date.

Please use the link below which will take you to the PE practical specification booklet. Details and specifications of all practical activities can be found there, as well guidance on DVD evidence. If the link below doesn't work then please google 'AQA A level PE specification 2016'.

<http://www.aqa.org.uk/subjects/physical-education/as-and-a-level>

Mrs Wright