



AQA A-Level PE Extended Writing Question Analysis

		2018	2019	2020	2021	2022	2023 NME
Paper 1 Section A Anatomy and Physiology	8	Analyse	Analyse	Analyse	Evaluate	Evaluate	Evaluate
		Factors affecting VO ₂ max	Cryotherapy and blood redistribution	Venous return	HITT training	Altitude training	Plyometrics
	15	Evaluate	Analyse	Analyse	Analyse	Analyse	Analyse
		Proprioceptors and PNF	Anaerobic energy systems	Musculoskeletal and levers at the knee and ankle	Muscle fibre types	Energy systems and dietary supplements	Specialist training method - Plyometrics
Paper 1 Section B Skill Acquisition	8	Analyse	Analyse	Evaluate	Evaluate	Evaluate	Evaluate
		Response time	Schema theory	Video analysis and feedback	Methods of guidance	Learning plateau and process goals/SMARTER	Behaviourism - Operant conditioning
	15	Evaluate	Analyse	Analyse	Analyse	Evaluate	Analyse
		Skill continua and PPP	Input stage of IP. Strategies to improve selective attention	Baddeley and Hitch	Transfer of learning & skills continua	Massed & Distributed / Stage of learning	Simple and choice reaction time & inverted U theory of arousal
Paper 1 Section C Sport and Society	8	Evaluate	Evaluate	Evaluate	Analyse	Evaluate	Evaluate
		Socialisation	Social stratification	Barriers and strategies to overcome	Emergence of the middle class	Factories early and late 19th century	Industrial and post industrial (1780 - 1900) - Public schools
	15	Evaluate	Analyse	Analyse	Analyse	Analyse	Analyse
		Barriers and strategies to overcome	Barriers to female participation and changing attitudes	Changes in society 1870-1900	Discrimination, stereotyping and prejudice and Bandura self efficacy	Local partners to overcome disadvantaged groups	Sport England, local and national partners at grass roots level
Paper 2 Section A Exercise Physiology	8	Evaluate	Evaluate	Analyse	Analyse	Evaluate	Analyse
		Creatine and anabolic steroids	Strength training for injury rehabilitation	Macro, meso and micro cycles	FITT in continuous training	Screening to prevent musculo-skeletal injuries	Impulse
	15	Analyse	Analyse	Analyse	Analyse	Analyse	Evaluate
		Bernoulli principle	Factors affecting flight and maximising horizontal displacement	Newton's law of linear motion and muscle fibre recruitment	Angular momentum	Horizontal displacement and Bernoulli	Recovery from exercise and motivation
Paper 2 Section B	8	Evaluate	Analyse	Analyse	Analyse	Analyse	Evaluate



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Sports Psychology		Visualisation and centering	Attribution	Arousal	Cognitive stress management techniques and Catastrophe theory	Overcome learned helplessness	Stress management - somatic techniques
	15	Analyse	Evaluate	Analyse	Evaluate	Analyse	Analyse
		Bandura and Vealey	Warm up for injury prevention and stress management	Faulty group processes	Anxiety and valid and reliable data	Autocratic and Chelladurai model of leadership	Tuckman's model of group dynamics
Paper 2 Section C Sport and Society and the Impact of Technology	8	Evaluate	Analyse	Evaluate	Evaluate	Evaluate	Analyse
		GPS	Recreation and Sport	Impact of commercialisation	EPO and altitude training	Win ethic / Sportsmanship / Gamesmanship	Effects of drugs on the performer/performance - Anabolic steroids and muscle fibre types
	15	Analyse	Analyse	Evaluate	Analyse	Evaluate	Evaluate
		Player violence. Instinct theory and frustration aggression hypothesis	Reasons for and implications of PEDS	Strategies for eliminating PEDS	NIS cyclists	Media and Bandura self efficacy	Development of equipment and facilities
Synoptic Totals		1 x 8 2 x 15 = 3	1 x 8 2 x 15 = 3	1 x 8 2 x 15 = 3	1 x 8 2 x 15 = 3	1 x 8 2 x 15 = 3	2 x 8 2 x 15 = 3

*NME - National Mock Exam

Questions highlighted in grey involve synoptic content