

A-Level PE Transition Task

EDUQAS Specification | For students moving from Year 11

Purpose of the task

This task is designed to:

1. Introduce A-Level PE theory content from the EDUQAS spec
2. Develop written exam-style responses
3. Encourage independent research and organisation
4. Help you decide if A level PE is the right course for you



Task 1: Understanding the A Level PE Course

(Foundational knowledge)

Research and answer the following:

1. What are the three components of EDUQAS A-Level PE?
2. How are you assessed across the two years (papers, marks, weighting)?
3. What is the NEA, and how does it differ from GCSE PE coursework?

Outcome:

A one-page summary in your own words. Bullet points are fine, but clarity matters.

Task 2: Bridging GCSE to A-Level Theory

(Physiology focus – compulsory content)

Choose **one** topic below from the EDUQAS A-Level PE specification:

- Cardiovascular system and exercise
- Respiratory system and exercise
- Skeletal muscle and movement analysis

Your task:

- Explain the key structures involved
- Describe how the system responds during exercise
- Explain why this is important for sports performance

Stretch:

Link your explanation to **one sport you play or watch regularly**.

Outcome:

500 words, written in full sentences.

Task 3: Introduction to A Level Exam Skills

(Applied written response)

Answer the question below:

“Explain how the cardiovascular system adapts to regular aerobic training.”
(6 marks)

Guidance:

- Use key terminology
 - Write in clear paragraphs
 - Aim for depth, not GCSE-style short points
-

Task 4: NEA Readiness – Knowing Your Sport

(Performance analysis focus)

EDUQAS A-Level PE requires you to be **competent or above** in one practical activity (either as a **performer** or a **coach**).

Complete the following:

- Identify your strongest sport
- Explain your **role or position as performer or coach**
- Identify **two strengths** and **two weaknesses** in your performance / coaching
- Explain **how one weakness limits performance** in competitive situations

Outcome:

150–300 words.

Task 5: Independent Study & Organisation

(Expectations at A-Level)

Create a short action plan that includes:

- How you will organise notes and revision
 - How often you will review theory content
 - How you will balance practical performance, written coursework and regular theory work
-

Submission Guidance

- Typed or handwritten neatly
 - Clearly labelled sections
 - Submit to Jahed Ali - Head of PE <jali@burnley.ac.uk>
-

What This Task Shows Us

By completing this task, you demonstrate:

- Commitment to A-Level study
- Willingness to research independently
- Ability to apply theory to sport and think critically on all aspects of sport
- Readiness for EDUQAS A-Level PE demands

Pre-reading on The Key Areas of Study

Exercise physiology, training and performance:

http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2017-18/17-18_2-7/_eng/eduqas/c/hapter-1/exercise-physiology-training-peformance.pdf

Movement analysis, technology and biomechanics:

http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2017-18/17-18_2-7/_eng/eduqas/c/hapter-2/movement-analysis-technology-and-biomechanics.pdf

Sport Psychology:

http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2017-18/17-18_2-7/_eng/eduqas/c/hapter-3/sport-psychology.pdf

Skill Acquisition:

http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2017-18/17-18_2-7/_eng/eduqas/c/hapter-4/skill-acquisition.pdf

Sport and Society:

http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2017-18/17-18_2-7_eng/education/chapter-5/sport-and-society.pdf

Contact Information

If you have questions regarding A-Level Physical Education at Burnley College, please contact Jahed Ali - Head of PE <jali@burnley.ac.uk>

For any other A-Level course at Burnley College, please contact alevels@burnley.ac.uk or call 01282733373

We look forward to seeing you in September.

