Subject Audits

Complete these 2 Audits and Bring them to your first lesson with Mr Manley

Sports Audit

Follow this link to the specifications for PE. Find your sport from the list and look through the criteria and highlight 3 strengths and 3 weaknesses. You then need to identify how you will correct these weaknesses so you are prepared to achieve the best grades for your practical coursework.

- Download the specification then go to the Activities section on page 41 to begin finding your sport. Then fill in the table below

Specifications:

https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582

Name:	Chosen Sport:
Strength 1:	
Strength 2:	
Strength 3:	
Weakness 1:	
Method of Improvement:	
Weakness 2:	
Method of Improvement:	
Weakness 3:	
Method of Improvement:	

Theory Audit

The A-level is 70% exam so the theory content is vital, here you are expected to go look at each topic and highlight whether you are Red (Weak), Amber (Ok) or Green (Strong) at the topic. This will give the teachers an insight into you as a group. Please don't lie, if you have no idea then say so, much of this course you will never have been taught before and it won't affect you. For a closer breakdown of the area in question look at the specification above and go to page 9, Subject Content. Good luck

Name		RAG Document	
Cardiovascular System		Theories of Learning and Performance	
Respiratory System		Guidance and Feedback	
Neuromuscular System		Memory Models	
Muscular System		Sport and Society	
Skeletal System		Sociological Theory	
Energy System		Diet	
Skill (Continuum, Transfer)		Preparation and Training Methods	
Skill (classification, Learning)		Injuries	
Biomechanical Principles		Physical Activity and Sport	
Levers		Elite Performers in Sport	
Linear Motion		Ethics, Violence, Drugs in Sport	
Angular Motion		Sport and the Law	
Projectile Motion		Sport and the Media	
Fluid Mechanics		Technology in Sport	
Personality		Group Dynamics	
Attitudes		Goal Setting	
Arousal/ Anxiety/ Aggression		Leadership	
Motivation		Stress	