**AS Level PE**

*A Guide to help you get ready to study AS Level PE*



**Introduction**

The contents and resources suggested in this document are provided by Newport High School, Newport. We would like to thank colleagues at the school for their generous offer of support and sharing practice to create this document



**Don’t forget your GCSE and**

Introduction to the AS and A ‘level

If you studied GCSE PE, here are some resources to support you with revision on topics plus introduce you to the AS and A level

**Course Specification**: <https://www.wjec.co.uk/media/zpzffdr4/wjec-gce-physical-education-spec-from-2016.pdf>

**Suggested websites:**

**WJEC** has many online resources found on their main web page, but the following link will give you the most updated resources for AS PE:

[**https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rIid=2240**](https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rIid=2240)

**Mr Wnuk PE** a wide range of resources, quizzes and webinars covering GCSE and AS/A level

<https://sites.google.com/view/mrwnukpe/home>

**James Morris** on Youtube – a series of Playlist of different topics relevant to the AS level PE

<https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBIklu3Xw>

**Sport Psychology** - provides an insight around the mental skills needed to reach peak performance and excel in sports.

<http://sportpsychologytoday.com/>

**Suggested Books**

There is no specific A level PE book by WJEC but here are some useful resources you may want to purchase or look at:

**AS Physical Education - Anatomy**

<http://resource.download.wjec.co.uk.s3.amazonaws.com/vtc/2015-16/15-16_30/eng/index.html>

**Individual AS Unit resources – Theory, Examples and exam questions**

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rIid=660>

**Suggested Viewing**

TED talks are highly recommended. Have a browse through the many TED talks available; the main topics that you may discover here are: Personality, Stress Arousal and anxiety, Motivation and self-efficacy.

**Inside the mind of champion athletes**

<https://www.youtube.com/watch?v=yG7v4y_xwzQ>

**Win the game of life** <https://www.ted.com/talks/jonathan_fader_win_the_game_of_life_with_sport_psychology>

<https://blog.ted.com/5-great-ted-talks-for-athletes/>

**Are athletes really getting faster, better, stronger** - **David Epstein explains**

<https://www.ted.com/speakers/david_epstein>

The following page has some suggested films to watch which are relative to a wide range of aspects associated with Sport both physical and mental.

**Films**

**The Blind Side (2009)**

**Seabiscuit (2003)**

**Cool Runnings**

**(1993)**

**Field of Dreams (1989)**

 **Hoosiers (1986)**

**Kicking and**

**Screaming**

**(1995 and 2005)**

**Remember the Titans (2000)**