

PHYSICAL EDUCATION TRANSITION WORK 2026

You are expected to complete the below tasks. You need to hand this into your teacher in your first PE lesson.

Exam board - AQA [AQA A level PE specification](#)

Transition work

Analysing a Performer

Choose a sport that you regularly participate in or follow.

Write approximately 300 words explaining:

Strengths

- What components of fitness are important?
- What skills are required?

Areas for Improvement

- Which fitness components could be improved?
- How could training help?

Use examples from performance.

Sport Psychology Introduction

The AQA specification explores motivation, confidence and personality.

Research and explain:

Intrinsic Motivation

Extrinsic Motivation

For each:

- Definition
- Sporting example
- Advantages

- Disadvantages

Then answer:

Which type of motivation do you think is more effective for long-term sporting participation and why? (150 - 200 words).

Sport and Society

Read or watch three recent sports stories from the last six months.

For each story:

- Summarise what happened.
- Explain why it is important.
- Explain how it could affect participation or performance in sport.

Possible themes:

- Technology in sport
- Women's sport
- Inclusion
- Elite performance
- Olympic or Paralympic sport

(500 words).

Factors affecting participation in physical activity and sport - 35% of A level	Factors affecting optimal performance in physical activity and sport - 35% of A level	Practical performance in physical activity and sport - 30% of A level
Applied anatomy and physiology Skill acquisition Sport and society	Exercise physiology and biomechanics Sport psychology Sport and society and technology in sport	Practical performance in a competitive environment Analysis of performance