PHYSICAL EDUCATION

"Intelligence and skills can only function at the peak of their capacity when the body is healthy and strong"

John F. Kennedy

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Exam Board:

AQA

www.aqa.org.uk/subjects/physical-education

The Ferrers Sixth Form

Why study A Level Physical Education?

A Level PE provides a fantastic opportunity to complete a programme that includes both practical and theoretical study. Studying A Level PE offers a steppingstone to many sporting university and career routes including sports development, sports science, coaching, physiotherapy, sport psychology, personal training and maybe even PE teaching!

What will you study?

Year 12

In the first year of learning, students will study an anatomy and physiology unit which looks at the different body systems such as the cardiovascular and muscular systems. Students will also visit the Skill Acquisition unit which looks at the types of skill, practice, guidance and feedback that can be used to support progress in physical activity and sport. Students will also look into the history of sport dating back to mob football days in the late 1700s through the Sport and Society unit. In this component we also explore the social and cultural issues surrounding sport.

Year 13

Students will explore exercise physiology in Year 13 focusing on diet and nutrition, preparation and training methods for physical activity and sport. Students will also look into the biomechanics of sport during this unit. Students will also learn about sport psychology where students develop knowledge and understanding of the role sport psychology plays in optimising performance in physical activity and sport. The final unit focuses on the role of technology in sport. This element covers everything from commercialisation to talent identification.

How will you study?

The content of this course will be taught through theory lessons. There will be chances through the two years where topics will be taught through practical lessons.

How will you be assessed?

The A Level PE course consists of two linear exams, both 2 hours in length which are sat at the end of Year 13. Before this, students will be assessed in their ability of one practical performance as well as a written/verbal analysis of performance in that activity. Throughout the two years there will be regular assessments to check understanding and inform topics to focus on for revision when preparing for the final exams.

What do you need to study the course?

Entry requirements: You will need an APS of 5, with at least a 5 in PE GCSE/ Level 2 Merit in BTEC Sport, 5+ in English Language, Literature and 5 in science.
Skills and attributes: Confidence to perform and work effectively as a team are key skills. The ability to further your understanding through regular independent study is vital.

Which subjects combine well with Physical Education?

Biology, history, physics, psychology.