



## A Level Physical Education

### Introduction

A Level PE! An excellent choice. This is an exciting course that will challenge you academically and physically and progression onto A Level PE will require at least 5 GCSEs, or equivalent, at grade C or above and you need to be physically fit and preferably have a grade C or above at GCSE PE. Please talk to the Head of Department if you are interested in this subject.

### Career Prospects

PE is relevant to our life and has superb links to future career opportunities including further study at Higher Education, Health and Fitness industry, specialist PE teaching and sports coaching, armed services (Army, Navy, Air Force) and public services (Police, Fire and Ambulance), Nursing and Medicine.

### AS (Year 12)

You will learn more about the human body (physiological), how we learn skills (psychological) and current sports issues (contemporary studies).

### A2 (Year 13)

You will extend your knowledge and understanding of how different systems of the body work (Exercise Physiology), how the mind can influence your performance (Sports Psychology) and the growth and development of Physical Education and sport (Historical Studies).

A Level PE consists of 2 components AS (year 12) and A2 (year 13). Assessment overall in both components is:

65% Theoretical (Examination) x 2 written examinations

35% Practical (Coursework) x 2 activities



### A Level PE Course Overview

| AS / A2    | Unit Code | Staff Code                             | Unit Title  | Max.                                     | Assessment        | Date of Assessment |
|------------|-----------|--|---|--|-------------------|--------------------|
| AS<br>H154 | G451      | Miss Hill<br>Mrs Welborn<br>Mrs Wright | An introduction to Physical Education<br>Section A : Anatomy and Physiology<br>Section B : Acquiring Movement Skills<br>Section C : Socio-Cultural Studies relating to participation in physical activity   | 90 Marks<br>60% of AS<br>30% of A level  | Exam<br>2 Hours   | June               |
|            | G452      | Miss Hill                              | Acquiring, developing and evaluating practical skills in Physical Education   | 80 Marks<br>40% of AS<br>20% of A Level  | Coursework        | June               |
| A2<br>H554 | G453      | Miss Hill<br>Mrs Welborn<br>Miss Place | Principles and concepts across different areas of Physical Education<br>(Candidates study 3 of the 5 possible options, at least 1 option from Section A)<br>Section A : Socio-Cultural options<br>Option A1 Historical Studies<br>Option A2 Comparative Studies<br>Section B : Scientific Options<br>Option B1 : Sports Psychology<br>Option B2 : Biomechanics<br>Option B3 : Exercise and Sport Physiology | 105 Marks<br>70% of A2<br>35% of A Level | Exam<br>2.5 Hours | June               |
|            | G454      | Miss Hill                              | The improvement of effective performance and the critical evaluation of practical activities in Physical Education  | 60 Marks<br>30% of A2<br>15% of A Level  | Coursework        | June               |