

A-Level Physical Education

Why A Level PE?

A Level Physical Education builds on your experience from Key Stage 4 GCSE PE to enhance your knowledge and increase your understanding of the factors that affect performance and participation in physical education. The qualification looks to equip you with skills and knowledge required for higher education or the world of work.

What can I expect?

The A Level PE qualification covers a broad basis of study for sport. Learners will study anatomy and physiology, exercise physiology, biomechanics, skill acquisition, sports psychology and sport and society.

Occasionally some of the lessons will be practically based working in the fitness suite, some will be based in ICT rooms for research tasks but most lessons will be classroom based.

The course is assessed in two ways:

The Exam: The exam element of the course is worth 70% of the final grade and is assessed on three separate exam papers. Content includes; applied anatomy and physiology, skill acquisition, sport psychology, sport in society, exercise physiology and sport and technology.

The practical: The practical element of the course is worth 30% of the final grade.

The student is assessed in one sport, as either a performer OR coach (15% of final grade).

Students must also complete a piece of coursework, this is a performance analysis and evaluation. This assessment is an oral answer and must be recorded and potentially also given as a live performance with an external moderator. (15% of final grade).

What do I need?

If you have studied GCSE PE you should have ideally achieved a 6 grade, have achieved a 5 in both English and Maths. You must also be playing at least 1 sport to high level (please check the specification to see if your sport is on there).

What about the future?

Physical Education is a good subject for entry to degree courses such as Sport and Exercise science, Teaching (particularly PE), Physiotherapy, Leisure Management and as a course of academic study is suitable for other non-sport specific courses. A number of our recent A level students have gone on to study sports related courses in University. Physical Education is also suitable for those wishing to go into the armed forces, police or fire service.

If you have any questions please contact Mrs Briggs (Head of PE) by email;
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