



Sixth Form

PHYSICAL EDUCATION

A Level

Where do I start from?

You will need to meet the School's minimum entry requirements. Please also refer to the Sixth Form Minimum Entry Requirements for 2019 Entry information sheet. For this subject you will need a minimum Grade 6 in Biology for separate Science or 66 for Core & Additional Science. You will also require a Grade 5 in Maths and English Language or English Literature. If you have studied PE at GCSE you will require a minimum Grade 6.

A Level PE is an enjoyable but academically demanding subject. It is also expected that students have a good grasp of English language.

What will I study?

At NSB we study OCR A Level GCE Physical Education which offers a varied course mixing several strands of theory.

The courses are based on modular sessions incorporating a number of theoretical areas:

- Skill Acquisition,
- Applied Anatomy and Physiology,
- Biomechanics,
- Contemporary issues in PE and Sport.
- Sport and Society,
- Sports Psychology,
- Exercise Physiology.

Timetable constraints mean we cannot offer practical lessons in curriculum time. Students are expected to show commitment to their development in ONE sport outside of lesson time. They will also be expected to fulfill coursework requirements on their chosen activity. This will contain information on teaching points, coaching drills, evaluations and training plans.

How will I be assessed?

There are termly assessments and internal examinations throughout the course.

Actual exam structure

Three examinations in the three different areas of the course.

- 1 hour – Socio-cultural issues
- 1 hour – Psychological factors
- 2 hour – Physiological factors

This makes up 70% of the total grade.

Practical assessment

You will be assessed in ONE sport at GCE A Level which may be in the role of coach or performer. You will also observe a live performance and give an oral response for the coursework element of the course.

This makes up 30% of the total grade.

How will I study?

Lessons will vary in style using workshops, presentation and investigative techniques. You will be put into study groups and will be expected to meet once a week to complete a variety of tasks in order to prepare for lessons, group work or assessments.

It is imperative that students use their own time profitably. For each hour of lesson time you should be spending at least 1-1½ hours working on your own. There will be regular testing and we have in place an A Level resource reference section in the library.

What does the subject combine well with?

PE can be studied alongside most subjects, but there are natural links. Biology and the Sciences blend well to move to Higher Education in Medicine, Physiotherapy and Sports Coaching. English and History could lean towards Sports Journalism. Economics and Business would lay foundations for Sports Management or perhaps the world of Marketing and Advertising. Many students find that A Level PE gives them a good grounding for a course in PE Teaching and go on to study at Loughborough and University of Bedfordshire (Bedford).

Experience has shown that PE can be combined with a wide range of other A Level subjects.

The possibilities are very flexible and the opportunities for further education and careers are extensive.

In summary it must be stressed that the course is enjoyable and demanding with many attractive features. There are currently opportunities to take part in:-

- Scientific testing to understand the function of the body when exercising.
- A Residential Trip abroad to Club La Santa on Lanzarote.
- Develop personal sporting skills at First Team level with some excellent coaching on offer.