

A Level PE

Practical Sports

Please ensure you compete regularly within your activity as the assessments are taken from competitive context.

You will need to gather video evidence of you competing in your sport of choice, ideally at the highest level possible to you.

If you do not compete regularly or are unable to keep this up throughout the course of study then this subject is not recommended for you.

This will be used to determine your final grade in line with each sports specification. Each skill is highlighted as either core or advanced skill within the specification of your sport and must be shown within your evidence.

Before choosing this subject please look at your sports specification and see what is needed to be evidenced for area of assessment 1, 2 and 3 for your sport. Each area of assessment is marked out of 15.

List of activities applying to qualifications awarded from 2022 for A level or 2021 for AS level

Activity	Comments
Acrobatic gymnastics	
Amateur boxing	
Association football	Cannot be five-a-side
Athletics	Long distance running must not exceed 10,000 metres
Badminton	
Basketball	
Camogie	
Canoeing	
Cricket	
Cycling	Track, road or BMX cycling (racing, not tricks) only
Dance	
Diving	Platform diving
Equestrian	
Figure skating	
Futsal	
Golf	
Gaelic football	
Gymnastics	Floor routines and apparatus only
Handball	
Hockey	Must be field hockey
Hurling	

Ice hockey	
Inline roller hockey	
Kayaking	
Lacrosse	
Netball	
Rock climbing	Can be indoor or outdoor
Rowing	
Rugby league	Cannot be tag rugby
Rugby union	Can be assessed as seven or fifteen a side. Cannot be tag rugby
Sailing	Royal Yachting Association recognised sailing boat classes only. The list can be found online at: https://www.rya.org.uk/racing/youth-junior/info/Pages/recognised-classes.aspx . Students must perform as helmsman
Sculling	
Skiing	Outdoor/indoor on snow. Must not be dry slopes
Snowboarding	Outdoor/indoor on snow. Must not be dry slopes
Squash	
Swimming	Not synchronised swimming, personal survival or lifesaving
Table Tennis	
Tennis	
Trampolining	
Triathlon	Sprint only
Volleyball	
Water polo	
Windsurfing	
Specialist activity	
Blind cricket	
Boccia	
Goal ball	

Powerchair football	
Polybat	
Table cricket	
Wheelchair basketball	
Wheelchair rugby	