A LEVEL PHYSICAL EDUCATION
Exam Board: AQA

Sixth Form

Where do I start from?

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. If you have gained a Grade 7 or better in PE, the requirement for Biology/Sciences is not needed. It is also expected that an individual will have a significant interest in a chosen sport from the specification, including playing at a strong level.

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?

We study AQA 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:

1. Applied Anatomy and Physiology
2. Biomechanics
3. Exercise Physiology
4. Sport and Society
5. Sport and society and the role of technology in physical activity and sport
6. Skill Acquisition
7. Sports Psychology

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

Two examinations cover the 7 main theoretical areas.
2 hours - Paper 1- Areas 1, 4 and 6
2 hours - Paper 2- Areas 2, 3, 5 and 7
This makes up 70% of the total grade.

Non-Exam Assessment

You will be assessed in ONE sport at GCE A Level, which may be in the role of coach or performer. This is half of your NEA grade at 15%.

Students are also required to analyse and evaluate, using appropriate theoretical content included in the specification, a performance as either player/performer or coach in one activity from the specification. Students can analyse and evaluate their own performance or the performance of another, as long as it is in an activity that is from the specification. This makes up the other 15% of the NEA.

Together 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?

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

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, Maths and History could lean towards Sports Journalism, 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 the University of Bedfordshire (Bedford).

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.
- Develop personal sporting skills at First Team level with some excellent coaching on offer.