

PHYSICAL EDUCATION

A Level

This is a very popular OCR 'A' level taken in thousands of schools all over the country and is well respected by institutes of Higher Education. We are offering the full A-level to our students and all exams will be sat at the end of the 2 year course.

SUBJECT CONTENT

Component 1: Physiological Factors Affecting Performance

This section takes in three areas: Anatomy & Physiology, Exercise Physiology and Biomechanics.

The different body systems will be covered in great detail in the context of sport and the effects of diet, ergogenic aids and different types of training. The three energy systems and biomechanical analysis are also included.

Component 2: Psychological Factors Affecting Performance

This section takes in two areas: Skill Acquisition and Sports Psychology.

It looks at the learning of movement skills, taking into account different methods of practice, guidance and feedback. It will also cover individual differences, like personality and attitudes, as well as group and team dynamics.

Component 3: Socio-cultural and Contemporary Issues

This section takes in two areas: Sport & Society and Technological Influences.

The emergence and evolution of modern sport is studied alongside more modern issues like ethics, deviance and the role of modern technology.

Component 4: Performance within Physical Education

In this section students are assessed in their practical performance (or as a coach) in one sport and an Evaluation and Appreciation of Performance for Improvement (EAPI) task that is done verbally.

This is assessed internally by teachers and moderated externally. It is worth 30% of the qualification.

ASSESSMENT

A-Level

Component 1	30%	2 hour written paper
Component 2	20%	1 hour written paper
Component 3	20%	1 hour written paper
Component 4	30%	Performance (or coaching) in one sport and an EAPI Task

REQUIREMENTS

Students must have a keen interest in sport and participate in physical activity on a regular basis, playing a sport at club level. The ability to research different theoretical concepts is essential, applying practical examples whenever possible. Strong writing skills are advantageous as the exam paper contains questions that require an essay style answer. If you enjoy playing and watching sport, as well as reading about wider sporting issues then this could be the course for you.

Students must achieve at least a grade 6 in GCSE PE, including a grade 6 on the theory papers, plus grade 6 in English Language, Maths and Science. Students must also be competing in a sport from the approved list of activities outside of school. For students who didn't take GCSE PE in Year 11 then GCSE Science, English and Maths results will be taken into account.

OTHER SUBJECTS

Sport and PE combine well with almost all subjects due to the wide range of study areas involved, but are particularly suited to combine with Biology, Maths, English, Psychology and Sociology.

ROUTES POST A LEVEL AND VOCATIONAL OUTCOMES

A-level PE is held in high regard by Institutions of Higher Education. Students can go on to study PE related subjects, like Sport and Exercise Science, or enter courses from different fields of study. This includes subjects with the Medical disciplines and Physiotherapy. There are currently students at Universities all over the UK who entered with PE as one of their qualifications. Others have moved successfully into employment in a variety of jobs.

Sports available for assessment:

Acrobatic Gymnastics	Diving	Kayaking	Swimming
Association Football	Equestrian	Lacrosse	Table Tennis
Amateur Boxing	Figure Skating	Netball	Tennis
Athletics	Futsal	Polybat	Trampolining
Badminton	Gaelic Football	Powerchair Football	Triathlon (Sprint Only)
Basketball	Goal Ball	Rock Climbing	Volleyball
Blind Cricket	Golf	Rowing	Water Polo
Boccia	Gymnastics	Rugby League or Union	Wheelchair Basketball
Camogie	Handball	Sailing	Wheelchair Rugby
Canoeing	Hockey	Sculling	Windsurfing
Cricket	Hurling	Skiing	
Cycling (track or road)	Ice Hockey	Snowboarding	
Dance	Inline Roller Hockey	Squash	

For more information, help or advice about Physical Education contact:

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