

PHYSICAL EDUCATION

Current Teaching Staff:

Ms E Dyke, Mr A Hulbert

Examination board and syllabus: AQA

Entrance requirement: Students should have a strong practical background and understanding. Grade 6 in GCSE Science is expected. Grade 6 or above in GCSE Physical Education (if studied) would also be expected.

The Course

The AQA A Level Physical Education course offers students a comprehensive understanding of the theoretical and practical aspects of sport and exercise. It covers key areas such as the physiological, psychological, and socio-cultural factors that influence performance and participation in physical activities. Students engage with topics like anatomy, biomechanics, skill acquisition, and the impact of sport on society, while also developing their practical skills through the performance of a chosen sport. The course emphasizes critical thinking, enabling learners to analyse and evaluate their own performance and that of others, preparing them for further study or careers in fields related to sports science, coaching, and health. Overall, it fosters a deep appreciation for the role of physical activity in personal and community well-being.

The content

The content has been designed to allow learners to study Physical Education (PE) in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject.

Assessment Overview

35%	Exam Paper 1 (Anatomy & Physiology, Skill Acquisition, Sport & Society)
35%	Exam Paper 2 (Exercise Physiology, Sport Psychology, Sport Society & Technology in Sport)
15%	Practical performance in ONE chosen sport
15%	Coursework – Analysis & Evaluation of performance

Aims and Learning Outcomes

AQA's A-level in Physical Education should equip students with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This requires them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

Useful supporting GCSE and A Level Subject: Biology.

CAREERS

This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry.

This specification will create confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team – all skills that will enable them to stand out and effectively promote themselves as they progress through life.