



# A Level Physical Education

**Exam Board:** OCR

**Entry requirements:** grade 5 or above in Biology; grade 5 or above in Maths and/or English; ideally grade 6 or above in Physical Education.

## Why study Physical Education?

A Level PE builds upon the topics and knowledge covered in GCSE PE. The content has been designed to allow learners to study Physical Education 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.

## What does the course involve?

The qualification focuses on the application of subject knowledge and how it affects physical performance in sport. The course is tailored to help students understand how the science behind sport influences the performance we see on the sporting field.

<b>Physiological Factors Affecting Performance</b>	<b>30%</b>
Applied Anatomy and Physiology	Externally Assessed
Exercise Physiology	2 hr written exam
Biomechanics	
<b>Psychological Factors Affecting Performance</b>	<b>20%</b>
Skill Acquisition	Externally Assessed
Sports Psychology	1 hr written exam
<b>Socio-Cultural Issues in Physical Activity and Sport</b>	<b>20%</b>
Sport and Society	Externally Assessed
Contemporary Issues in sport	1 hr written exam
<b>Performance in Physical Education</b>	<b>30%</b>
Performance <b>or</b> Coaching in 1 sport	Internally Assessed
Evaluation and Analysis of Performance	Practical analysis and verbal oral exam

## Where will PE lead me post Sixth Form?

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 required by further education, Higher Education and employers in all sectors of industry. This qualification 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 you to stand out and effectively promote yourself as you progress through life.

For more information, please contact Miss Coll: [zoe.coll@sirthomasfremantle.org](mailto:zoe.coll@sirthomasfremantle.org)