



Abbey Gate College
Sixth Form



Physical Education

Why study Physical Education at A Level?

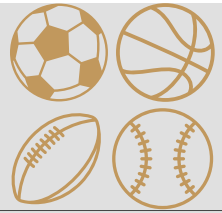
PE enables students to understand the key concepts of coaching, psychology and physiology with a heavy emphasis on the use of technology in modern sport.

Opportunities may lead to many career and degree pathways with enhanced inter-personal skills. It enhances employability in a number of people-related industries, sports development and wellbeing enterprises. Sports Science and Physical Education degrees can offer a variety of experiences in a wide ranging environment thus leading to many employment avenues to explore.



Course Content - AQA Board

2 Year Course



Lower Sixth: Internal Summer exam

Upper Sixth: Paper 1 - AQA Specification: Factors affecting participation in physical activity and sport.

This written exam has a total of 105 marks (35% of A Level) and is for a duration of 2 hours.

- Section A - Applied Anatomy and Physiology (35 Marks)
- Section B - Skill Acquisition (35 Marks)
- Section C - Sport and Society (35 Marks)

Paper 2 - AQA Specification: Factors affecting optimal performance in physical activity and sport.

This written exam has a total of 105 marks (35% of A Level) and is for a duration of 2 hours.

- Section A - Exercise Physiology and Biomechanics (35 Marks)
- Section B - Sports Psychology (35 Marks)
- Section C - Sport and Society and Technology in Sport (35 Marks).

Paper 1 and Paper 2 equate to 70% of A Level.

Practical Performance

Students will be required to complete an assessment as a player, performer or coach in a full sided version of one activity (15% assessment). In addition, students will need to complete a written or verbal analysis of performance (15% assessment).

Practical Performance equates to 30% of A Level.



SKILLS
obtained by
studying

Physical Education:

- Instils confidence
- Develops resilience to overcome challenging situations
- Teamwork and social skills
- Positive communication
- Organisational skills
- Social, physical and mental wellbeing