



Abbey Gate College
Sixth Form



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info on AQA

Physical Education

AQA

Why study this at A Level?

A Level PE helps students develop a deeper understanding of sport, fitness, and the human body.

Understand the science behind sport - How is movement produced and controlled? Does the mind influence performance?

Blend of theory and practical - looking at skills in your chosen sport, analyse your performance.

Builds transferable skills - critical thinking, research and problem solving

Skills obtained

- Instils Confidence
- Teamwork and social skills
- Organisational skills
- Social, physical and mental wellbeing
- Decision making under pressure
- Understanding of the social and cultural role of sport
- Lifelong love of physical activity

Course Content and Assessment

Paper 1: 105 marks 2 hours

Section A- Applied Anatomy and Physiology

Section B- Skill Acquisition

Section C- Sport and Society

Paper 2: 105 marks and 2 hours

Section A – Exercise Physiology and Biomechanics

Section B – Sports Psychology

Section C – Sport and Society and Technology in Sport

Two papers equate to 70%

Our students have gone on to pursue a number of related university courses including Sport and Exercise Science, Sport Performance Analysis, Performance Coaching, Physiotherapy & Rehabilitation, Education and PE Teaching, Sport Management, Sport Marketing, Journalism and Psychology

Practical: Students assessment as player, performer or coach in a full sided version of their one chosen sport (15% assessment).

Coursework: students will need to complete a written or verbal analysis of performance (15% assessment).