



Sixth Form Subject Guide

PHYSICAL EDUCATION

★★★ CAREERS RELATED TO STUDYING THIS SUBJECT

If you choose to study **A Level Physical Education (AQA)** you will develop comprehensive communication skills, become adept at presenting ideas, and learn to use theoretical and scientific knowledge to further enhance a point. You will also develop skills in analysis, evaluation, and experimentation, comparing this to the current literature. You could consider careers in media, research, journalism, teaching, technology, science, physiology, consultancy, coaching, fitness training, psychology, or nutrition.

★★★ A LEVEL COURSE CONTENT

The A Level Physical Education (AQA) syllabus is both practical and theoretical. As well as fostering enjoyment in physical activity, it will encourage students to develop an understanding of the interaction between theory and practice by focusing on the performer and performance.

Component 1: Factors affecting Participation in Physical Activity & Sport

- Applied Anatomy and Physiology
- Skill Acquisition
- Sport & Society

Component 2: Factors affecting Optimal Performance in Physical Activity & Sport

- Exercise physiology and Biomechanics
- Sport Psychology
- Sport and Society and Technology in Sport

Component 3: Non-exam Assessment: Practical Performance in Physical Activity & Sport

- A Level coursework (Practical based)

* Plus written/verbal analysis of performance

★★★ A LEVEL METHODS OF ASSESSMENT

Assessment Component	Weighting
Paper 1: Component 1 (Written Exam) Multiple choice, short answer, and extended writing	<i>Externally assessed.</i> 35%
Paper 1: Component 2 (Written Exam) Multiple choice, short answer, and extended writing	<i>Externally assessed.</i> 35%
A Level: Practical Assessment Assessed as a performer or coach in the full sided version of one activity.	<i>Internally assessed, externally moderated.</i> 35%30%

★★★ METHODS OF STUDY FOR A LEVEL

Strategies include group discussion (whole group, small group, and pairs), close reading and annotation of texts and the use of audio/visual stimuli. You will also prepare presentations (individual, paired or small group) and will report back on your findings.

You will produce work independently and in small groups. When possible, we will provide practical examples and opportunities to solidify learning and provide real-life examples when applying the theoretical knowledge.

You should expect to complete additional hours of independent/group study outside of your lessons each week. This could include reading, research, presentation preparations or other activities. For you to take full advantage of the course, it is also recommended that you participate in physical activities inside and outside of school, with a particular focus and regular training for your chosen activity that will be assessed as part of your practical assessment.

★★★ ENTRY REQUIREMENTS FOR A LEVEL

At least a Grade B in Coordinated Science or Biology. IGCSE PE is desirable.

