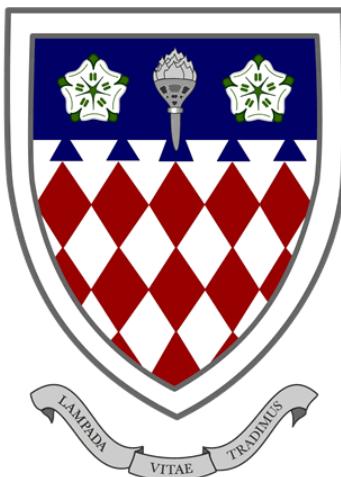


# Spalding High School Sixth Form

## A Level

# Physical Education



## **Why Choose A Level Physical Education?**

This course is for people looking to move in to higher education or students who are thinking of a career in the Sport and Recreation industry. It's also a good course for anybody looking to develop their own sporting performance.

You will develop knowledge and skills to help you understand the opportunities for and effects of leading a healthy and active lifestyle. You will also study how we learn skills and the impact of psychological factors on performance. In addition, you will learn about the evolution of sport and society and the technological developments.

You will be given the opportunity to build on your experience and improve personal skills/techniques in a sport of your choice to improve performance. You will be assessed in one activity in the role of either a player or coach.

## **What career paths might I follow with A Level Physical Education?**

This A level is a suitable course for those considering careers such as physiotherapy, sports development, sports psychology, leisure management, sports science, sports therapy, PE teaching and sports coaching, as well as the armed forces.

## **What is the content of the course and how is it assessed?**

There will be 3 written exams across 3 topic areas which include:

- (1) Physiological factors affecting performance
- (2) Psychological factors affecting performance
- (3) Socio-cultural issues in physical activity and sport.

The practical element of the course involves students being assessed in the role of performer or coach in one activity. In addition to a practical performance, students will be assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). Students will observe a live or recorded performance by a peer in either their own assessed performance activity or another activity. Through observation, students will provide an oral response analysing and critically evaluating their peers' performance.

The course is 70% exam and 30% practical assessment.

## **What do our students say about A Level Physical Education**

*'A level PE has been a really enjoyable experience. It combines both the practical and theory elements of physical activity. The knowledge gained through our theory lessons has been a great help in developing my own sport.'*

## **Specification**

Exam Board— OCR

<http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/>

## **Entry requirements**

GCSE Grade 6 or above in PE, at least GCSE Grade 5 in one Science

If not studied previously at least GCSE Grade 5 in English Language or English Literature and GCSE Grade 5 in one Science

*For further details please contact*

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