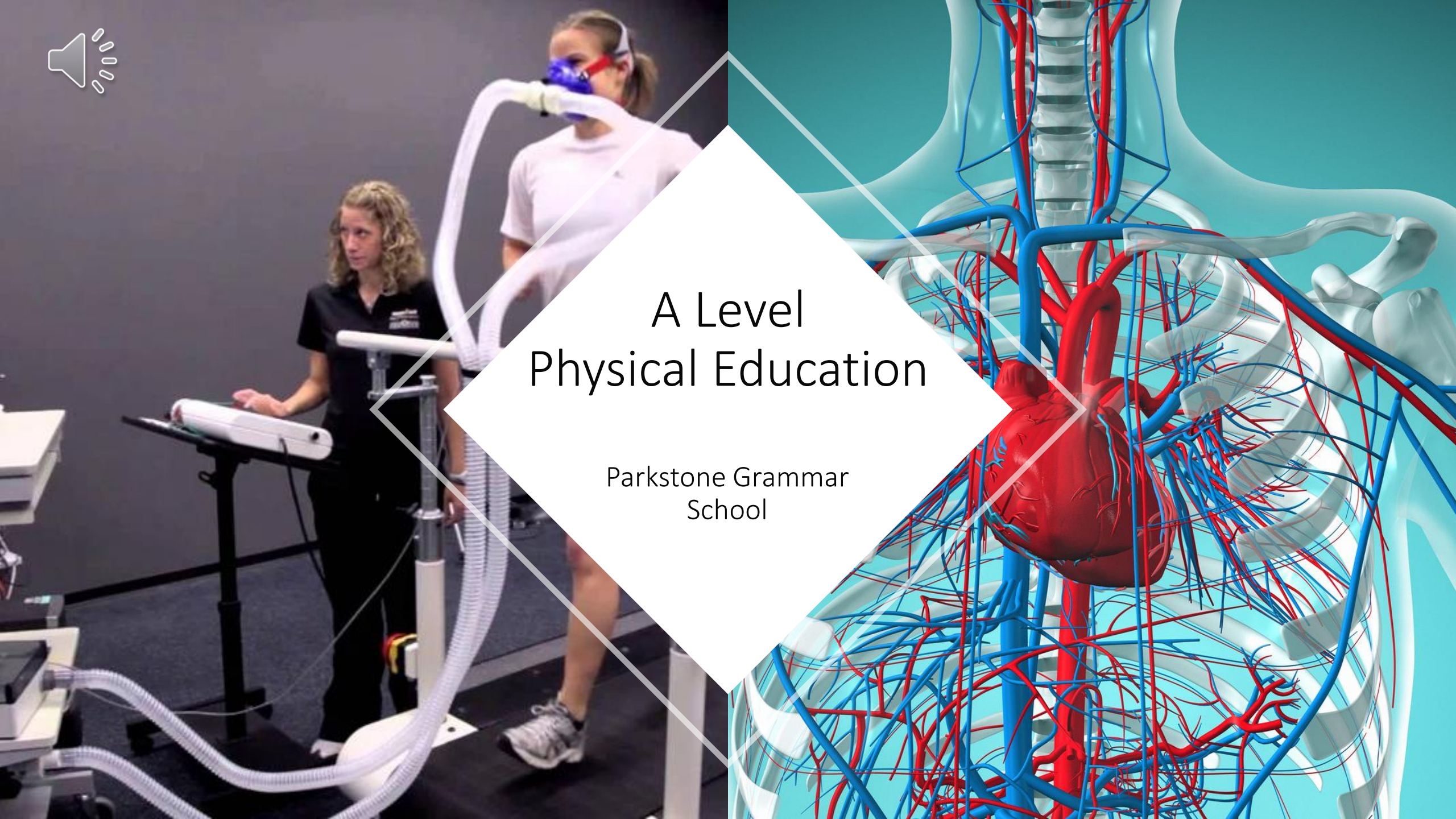




A Level Physical Education

Parkstone Grammar
School





<ul style="list-style-type: none">• Applied anatomy and physiology• Exercise physiology• Biomechanics	<p>Physiological factors affecting performance (01)*</p> <p>90 marks</p> <p>2 hour written paper</p>	<p>30% of total A level</p>
<ul style="list-style-type: none">• Skill acquisition• Sports psychology	<p>Psychological factors affecting performance (02)*</p> <p>60 marks</p> <p>1 hour written paper</p>	<p>20% Of total A level</p>
<ul style="list-style-type: none">• Sport and society• Contemporary issues in physical activity and sport	<p>Socio-cultural issues in physical activity and sport (03)*</p> <p>60 marks</p> <p>1 hour written paper</p>	<p>20% of total A level</p>
<ul style="list-style-type: none">• Performance or Coaching• Evaluation and Analysis of Performance for Improvement (EAPI)	<p>Performance in physical education (04)*</p> <p>60 marks**</p> <p>Non-exam assessment (NEA)</p>	<p>30% of total A level</p>

What does A
Level PE
consist of?



How is A Level PE Taught?

- PE is taught via a number of different strategies:
 - Independent Learning Tasks
 - Practical Activities
 - Team and Group Work
 - Memory Platforms
 - Exam Questions and Mark Schemes
- 3 different teachers teaching across theory sections.
- 3 separate sections
 - Applied Anatomy and Physiology & Exercise Physiology
 - Biomechanics
 - Skill Acquisition and Sports Psychology
 - Sport and Society and Contemporary Studies

Student Opinions - Ex students

'I love A Level PE, its hard work but definitely my favourite'.

Lani Phillips

'A Level PE is great as you can apply real life sporting situations to the content that we are learning, which makes it easier to understand'.

Katie Corbin

'In A Level PE the staff are crazy but lovely and the most helpful'.

Erin Blake



Where can A Level PE take you?

- PE Teacher or Lecturer
- Sports Coach
- Physiotherapist
- Nutritionalist
- Sports Scientist
- Sports Events and Management
- Sports Physiotherapy and Massage
- Strength and Conditioning Coach
- Personal Trainer
- Doctor or Medic as part of a professional sports club
- Sports analyst
- Sports Journalist
- Paramedic
- Military
- Professional sportsperson





Further Education Options in PE

- Sports Science
- Sports Education & Coaching
- Sport, Health & Nutrition
- Sports Management
- Journalism
- Law
- Medicine
- Biomedical Research
- Teacher Training Degrees / PGSE / SCITT courses
- Sports Fashion and Design



UNIVERSITY OF
EXETER



UNIVERSITY OF
BATH



Brunel
University
London



Loughborough
University



What skills
and qualities
can I gain
from A Level
PE?

- Critical analysis and evaluation.
- Application of theory to practice.
- Quantitative skills including interpretation of data and graphs, use of definitions.
- Equations, formulae and units of measurement, ability to plot, label and interpret graphs and diagrams.
- Appropriate techniques and principles to develop and improve personal performance skills.



A Level PE - Summary

- Exam Board – OCR
- 3 Exams at the end of Year 13
 - Physiological factors affecting performance – 90 marks / 2 hour paper (30%)
 - Psychological factors affecting performance – 60 marks / 1 hour paper (20%)
 - Social and Cultural Issues in Physical Activity and Sport – 60 marks / 1 hour paper (20%)
- 1 piece of coursework
 - EAPI – Evaluation and Analysis of Performance for Improvement (15%)
- 1 practical sport to take forward
 - You can be a performer or a coach (15%)
 - Any sport from the list which can be found below:
 - <https://www.ocr.org.uk/Images/234840-guide-to-non-exam-assessment-as-and-a-level.pdf>
- You do not have to have taken GCSE PE in order to take A Level PE.

Questions

- Ask a member of the PE Department
- Ask your PE teacher for more information
- Email or speak to Mrs McCalister for further information
- Download the specification from the OCR Website – Physical Education H155/H555

<https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

- Ask current 6th form students who take PE A Level in both Year 12 and 13 for their opinion.

