

Physical Education



What our students say:

“The PE course is really well-structured and every lesson builds on the learning of previous lessons. We cover a really broad range of topics, and the ‘performance’ element meant that the practical side of PE was assessed as well.”

Why this course is right for you:

For those interested in sport, exercise and the workings of the human body, PE A Level is an academic course that develops and challenges you at every turn.

This course gives you a chance to study how the body responds to exercise and how biomechanical principles can be applied to sport, how individuals learn new skills and the influence the mind has on performance and behaviour, and how sport and society have developed from their historical beginnings to present day. Studying these components will improve your understanding of sporting performance, coaching and sports analysis.

Continuing the study of Physical Education can prepare you for careers in sports development, media, coaching, performance analysis, strength and conditioning, nutrition, physiotherapy, sports psychology and a wealth of other careers in the sports and exercise industry.

What you need to know:

Exam Board: OCR

Who to speak to: Miss Ball

Topics Covered:

Physiological factors affecting performance
Psychological factors affecting performance
Sociocultural and contemporary Issues
Performance within Physical Education

Assessment:

You will have written examinations alongside practical assessment of your physical education performance.
Physiological factors affecting performance (30%)
Psychological factors affecting performance (20%)
Sociocultural and contemporary Issues (20%)
Performance within Physical Education (30%) - 15% practical / 15% EAPI

Entry Requirements:

Every student must participate in regular club level sport outside of school in a sporting activity from the OCR approved activity list
Grade 6 in GCSE Biology or grade 6, 6 in Combined Science required
Grade 5 in GCSE Maths and GCSE English required
Grade 7 in GCSE Biology or grades 7, 7 in Combined Science desired
Level 2 Merit in Cambridge National Sport Studies

Co-curricular/trips:

We work with partners to access a range of facilities and placements.