

PHYSICAL EDUCATION



Fullbrook6

This evening we
are going to
tell you about:

- Course structure
- Assessment
- 100min lessons
- Potential degree & apprenticeship routes from this A-Level
- Subjects that work well with this subject
- Potential career opportunities



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Big enough to challenge, small enough to care

What our students say:

A Level PE compliments my other A level (Biology)

We get so much support from our teachers to help us succeed.

We learn in different ways by having 3 teachers which is fun and interesting.

I love how the theory is separated into 3 sections; physiology, psychology & socio-cultural. It means we get to learn more about sport and how our bodies work.



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Course Content - 70% Theory

Physiological factors affecting performance	Psychological factors affecting performance	Socio-cultural issues
30%	20%	20%
1 x 2hr exam	1 x 1hr exam	1 x 1hr exam



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Anatomy & Physiology

CV, Respiratory, Muscular and Skeletal systems

Nutrition and Training aids

Training methods and Programmes

Biomechanics

Energy systems, effect of heat, altitude, recovery

Injuries and rehabilitation

Psychology

Classification of skills

Learning theories and memory models

Personality, attitudes

Arousal levels, Anxiety, Aggression

Motivation, Confidence

Group dynamics

Socio-cultural

Evolution of modern sport

Global sporting events

Ethics & deviance – drugs, violence, gambling

Commercialisation & media

Routes to excellence

Modern technology



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Course Content – 30% Practical

Practical Performance (perform or coach in 1 sport)	Evaluating and Analysing Performance for Improvement (EAPI)
15%	15%
Video & performance log	1 x 1hr exam
Live Moderation	Video recording of oral response
<u>Assessed on:</u> Range of skills, quality of skills, physical attributes, decision making, effective performance	<u>Assessed on:</u> Prompting & timing, Evaluation of performance, Action/development plan, Application of theory



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Activity	Restrictions and allowances
Acrobatic gymnastics	
Amateur boxing	
Association football	Cannot be five-a-side
Athletics	
Badminton	
Basketball	
Blind cricket	
BMX	Racing only (not trick)
Boccia	
Camogie	
Canoeing	
Cricket	
Cross country running	
Cycling	Track or road cycling only
Dance	
Diving	Platform diving
Equestrian	
Figure skating	
Futsal	
Gaelic football	
Goalball	
Golf	
Gymnastics	Floor routines and apparatus only.
Handball	
Hockey	Must be field hockey
Hurling	
Ice hockey	
Inline roller hockey	
Kayaking	
Lacrosse	

Practical Activities

Activity	Restrictions and allowances
Netball	
Polybat	
Powerchair football	
Rock climbing	Can be indoor or outdoor
Rowing	
Rugby league	Cannot be tag rugby
Rugby union	Can be assessed as sevens or fifteen a side. Cannot be tag rugby
Sailing	Candidates must be assessed within full competitive situations as the helmsperson in one of the following Royal Yachting Association (RYA) sailing boat classifications: Individual - single hander <ul style="list-style-type: none"> • ILCA 6 (laser radial) • ICLA 7 (laser standard) Team - double hander <ul style="list-style-type: none"> • 29ER • 420 • Nacra 15
Sculling	
Skiing	Must take place on snow, can be indoor or outdoor
Snowboarding	Must take place on snow, can be indoor or outdoor
Squash	
Swimming	Not synchronised swimming, personal survival or lifesaving
Table cricket	
Table tennis	
Tennis	
Trampoline	
Triathlon	Sprint only
Volleyball	
Water polo	
Wheelchair basketball	
Wheelchair rugby	
Windsurfing	Candidates must be assessed within full competitive situations in one of the following Royal Yachting Association windsurfing classifications: <ul style="list-style-type: none"> • IQ Foil • RS:X 8.5

100 mins lessons

600 minutes per cycle

- 200 mins = Physiology
- 200 mins = Psychology
- 100 mins = Socio-cultural
- 100 mins = EAPI

Benefits for A Level PE

- Obvious advantages for practical lessons
- More time to practise and develop the EAPI
- Enriches and deepens learning.
- More time for teachers to support students with their understanding and help them provide context and application of the learning



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Subjects that work well with PE

- Biology
- Psychology
- English
- History
- Sociology
- Maths



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Degree routes

Wide range of degree options from:

- ❑ Sports Science
- ❑ PE Teaching
- ❑ Sports Performance
- ❑ Fitness and Wellbeing
- ❑ Sport Psychology
- ❑ Sports Medicine
- ❑ Sports Injury and Rehabilitation
- ❑ Sports Journalism
- ❑ Sports Marketing

Apprenticeship routes

- ❑ Sporting Future Training : PE & school: Level 2 - Level 4 awards
<https://www.sportingfuturetraining.co.uk/>
 - ❑ The Apprenticeship Guide
<https://apprenticeshipguide.co.uk/apprenticeship-by-school-subject/pe-2/>
 - ❑ Health and fitness apprenticeships. Indeed.com
<https://uk.indeed.com/Fitness-Apprenticeship-jobs?vjk=381e0ebbd642e156>
- UCAS - <https://www.ucas.com/explore/subjects/sport>



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Career Opportunities

PE Teacher	Sports Coach	Sports Writer	Leisure Industry
Sports Rehabilitation	Sports Events Coordinator	Sports Broadcaster	Recreation Management
Physiotherapist	Nutritionist	Sports Statistician	Health & fitness industry
Sports Medicine	Physical Therapist	Massage Therapist	Police
Sports Management	Referee / Umpire	Sports Marketing	Firefighter
Personal Trainer	Sports Psychologist	Sports Scout	Clinical Exercise Prescription



Entry Requirements

- Previously studied **GCSE PE** – Grade 6 or better**
- Merit or better in Level 2 Sport & Grade 5+ in Science.
- Must have a **high standard in 1 competitive sport** (from the OCR list of sports). Must be regularly competing in competitions/leagues throughout the 2 year course

***Students who do not meet these entry requirements will be considered on a case-by-case basis*



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