



# P.E. A Level



**Exam Board:** AQA

**Entry requirements:** Grade 4 in English Language GCSE and Science GCSE, Grade 5 in Physical Education GCSE

## Intent

### Structure

The A Level Physical Education qualification allows students to play to their strengths and gain dynamic theoretical and practical skills for further education or work. The qualification is linear. Linear means that students will sit all their exams and submit all their non-exam assessment (NEA) at the end of the 2 year course.

### Course Aims for students to develop

The A-level specifications in PE should equip students with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education.

This will require them to:

- Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.
- Understand how physiological and psychological states affect performance.
- Understand the key socio-cultural factors that influence people's involvement in physical activity and sport.
- Understand the role of technology in physical activity and sport.
- Refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas.
- Develop their ability to analyse and evaluate to improve performance.
- Understand the contribution which physical activity makes to health and fitness.
- Improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

## Implementation

### Content & Sequencing

#### Subject Content

- Applied anatomy and physiology
- Exercise physiology
- Biomechanical movement
- Skill acquisition
- Sport psychology
- Sport and society
- The role of technology in physical activity and sport

Students will have four hours of A' Level PE per week. Three hours will be focused on the theory content and one hour will concentrate on the NEA coursework and practical elements.

FireFly and [www.theeverlearner.com/](http://www.theeverlearner.com/) are used to supply students with a range of regular low stakes tests and revision materials. Combined with regular use of practical activities, exam questions, revision guides, text books, PowerPoints, work sheets, up to date journal articles, interactive quizzes and mock tests students are fully prepared for their final exams.

There are opportunities to be a member of our new Football, Gymnastics and Dance Academies, and to represent Shoreham Academy 6<sup>th</sup> Form in Football, Gymnastics, Swimming, Cross Country, Athletics, Netball

and Touch Rugby. There is also the chance to complete the Sports Leaders UK Level 2 and Level 3 Higher Sports Leadership Awards, and the FA Level 1 Football coaching course. Previous trips have included watching England play international football at Wembley, Rugby at Twickenham and Netball at the Cooper Box, and volunteering at the London 2012 Paralympics. International visits have taken place to Kenya, Ghana and to Austria for skiing. Previous guest speakers include Olympic Gold medallists and professional sportspeople. We have links with Southwick CC, Shoreham Spartans basketball club, Shoreham RFC, Shoreham FC and Brighton and Hove Albion. We also have excellent sporting facilities including two sports halls, a dance studio, two MUGA's, a floodlit 4G, new cricket nets and a fully equipped fitness suite.

### Assessment Methods

70% Theory and 30% Non-Exam Assessment (practical performance, analysis and evaluation).

- Papers will be divided into clear sections, helping students to see which part of the specification they are being assessed on.
- A familiar combination of multiple-choice, short and extended writing questions will be used across all exam papers.

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- Students will be assessed in one practical activity from the list provided by the Department for Education - [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/830295/GCE PE activity list revised 2019 FINAL.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/830295/GCE_PE_activity_list_revised_2019_FINAL.pdf)
- Synoptic assessment will be assessed in each component. This requires students to draw together different areas of knowledge, skills and understanding from across the full course of study in order to demonstrate their understanding of how they interrelate.

**The exams and non-exam assessment (NEA) will measure how students have achieved the following assessment objectives.**

- AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.
- AO4: Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.



## Impact

### Onward Progression

A' Level PE supports those who wish to pursue careers in a wide range of industries including sports science, physiotherapy, teaching, coaching, sports development, the leisure industry, recreational management, the health and fitness industry, Uniformed Public Services and Professional Sport.

It provides opportunities to develop skills required to follow further education pathways such as degrees in Sport, Development and Coaching BA (Hons), Sport Science BSc (Hons) Physical Education BSc (Hons) and Physiotherapy BSc (Hons). Support is provided for students in finding the right course for their interests and skills, completing UCAS applications and with interview practice.

A' Level PE also provides opportunities to develop skills demanded by employers in a range of Level 4 Apprenticeships in such diverse roles as Sports Development, HM Forces, Personal Training and Policing.

### Further information contact

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