



**For a future
without limits**
Ernest Bevin Sixth Form

A Level - Physical Education

What is Physical Education?

Physical Education (PE) A Level in an academic setting, enables students to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject.

The course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry.

This specification will create confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team – all skills will enable them to stand out and effectively promote themselves as they progress through life.



What will you study?

Paper 1: Exercise Physiology & Biomechanics

Students gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise. They also study the effects of force and motion on the body and how they can be used to our advantage.

Paper 2: Skill acquisition & Psychology

Students study the models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person. They also explore the psychological factors that affect group dynamics and the effects of leadership and stress

Paper 3: Social cultural studies

This component focuses on the social and cultural factors that have shaped sports over time, and their influences on physical activity. Students consider the impact of hosting a global sporting event such as the Olympic Games, and the influence of modern technology on both the performer and the spectator

Assessment

External examinations in all three papers. Practical performance in a chosen sport and a critical evaluation of that sport. Attendance to practical moderation.

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.

Getting ready to start your A Level PE course

Task1: The Skill continuum has many elements that are part of the continuum. Explain what a continuum is and use practical examples to give a brief explanation of all the skills on the continuum.

<https://www.youtube.com/watch?v=lycbtd6v7mA>

Task2: Outline the theories of Personality. Can you suggest sport personalities that fit the various theories?

<https://www.youtube.com/watch?v=XJPyTSjaE-M>

Task3: Investigate the names of muscles in the leg. From the hip down. Outline the bones and types of joints. Also explain the range of movement that occurs in each joint.

<https://www.youtube.com/watch?v=2MOK3NrWTUE>

Task4: Outline the key areas of the cardiovascular system.

EXTENSION TASK: Investigate the following books for A-Level PE. OCR PE for A-Level year 1.

John Honeybourne & Sarah Powell. Also look into the article; PE Review, Hodder Education

Ted Talks - watch and enjoy!

https://www.youtube.com/watch?v=yG7v4y_xwzQ www.youtube.com/watch?v=NidqtkXq9Yg

<https://www.youtube.com/watch?v=vnEf8z1aZns>