

# Physical Education

A Level PE

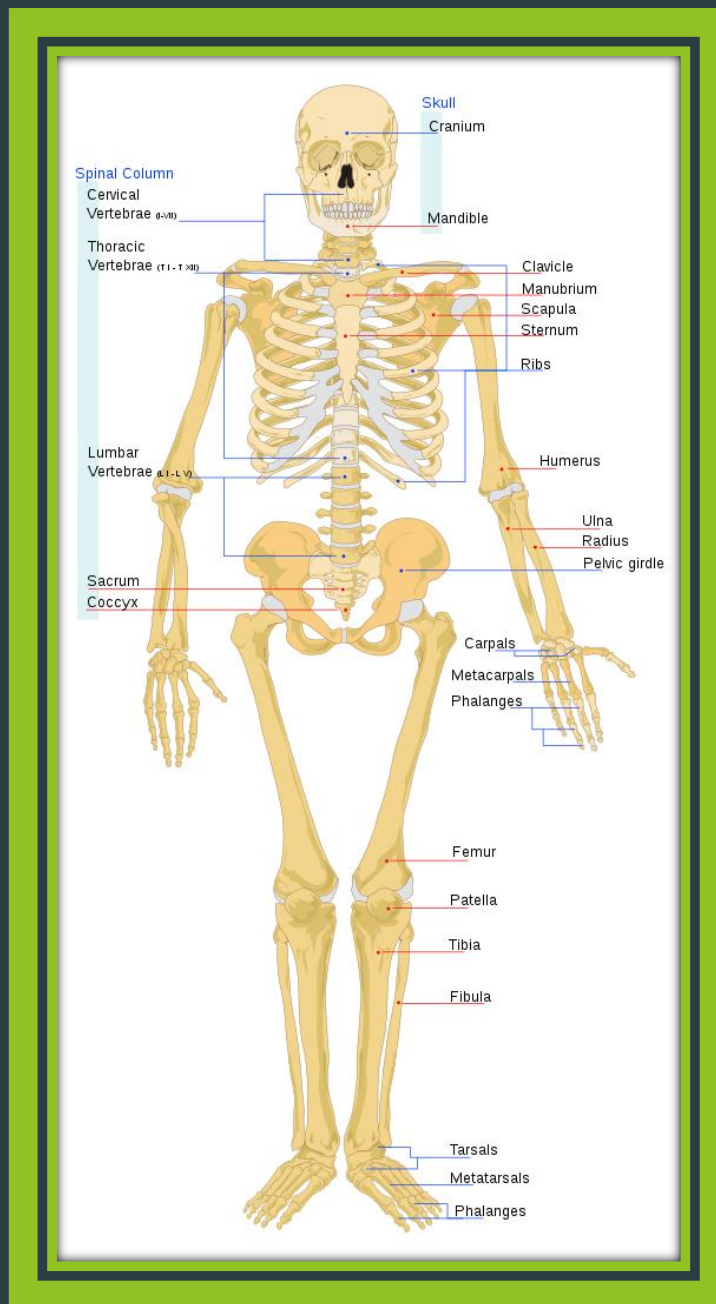


# Who should choose A level PE?



- ▶ Students interested in sport.
- ▶ Students who compete regularly.
- ▶ Students who enjoy learning about sport, physical activity, health and exercise.
- ▶ Students who studied GCSE PE or who gain a good grade at GCSE science.
- ▶ Students who are interested in going into a career in sport or physical activity.

# What is A Level PE?



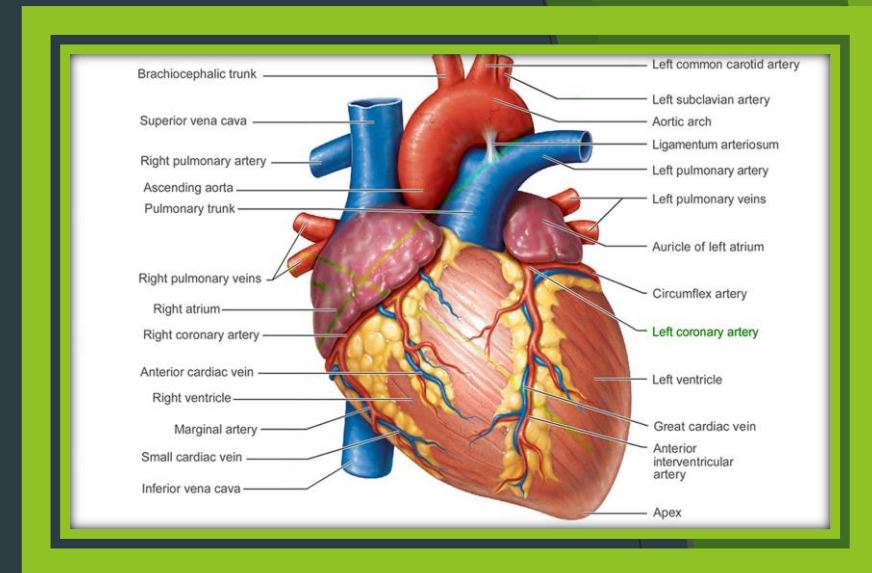
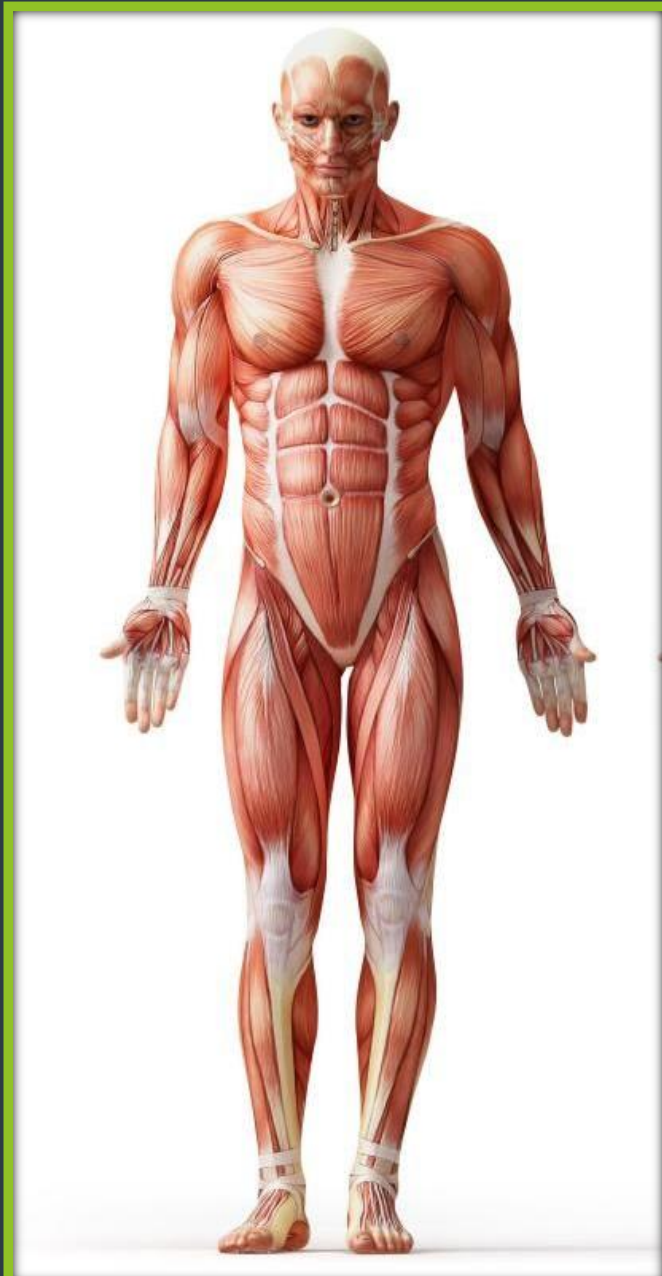
- ▶ AQA Specification
- ▶ 70% theory 30% practical and course work
- ▶ Split into 2 papers (35% each)
- ▶ 1 practically assessed sport as either a performer or coach
- ▶ 1 written analysis of performance coursework.

# What is covered at A Level PE?

- ▶ Applied anatomy and physiology
- ▶ Skill acquisition
- ▶ Sport and society
- ▶ Exercise physiology and biomechanics
- ▶ Sport psychology
- ▶ Sport technology



# Applied anatomy and physiology



- ▶ The role of the cardiovascular system and respiratory system during exercise.
- ▶ The neuromuscular system, how they types of muscles can affect performance.
- ▶ The movements available due to the musculo-skeletal system at joints.
- ▶ Energy systems and how they differ for each type of activity.



# Skill Acquisition

- ▶ Classification of skill.
- ▶ Theories of learning
- ▶ How the use of guidance and feedback can improve performance and understanding.
- ▶ Memory models and information processing.



## OPEN/CLOSED SKILLS

A number of skills can be open or closed to varying degrees

Skills exist on a continuum.

CLOSED (PREDICTABLE) ←→ OPEN (UNPREDICTABLE)

Copy out the continuum in your jotter and place the various shots in badminton on the continuum.



# Sport and society



- ▶ The history of sport, where it originates from and how it has developed to the sport we know and love today.
- ▶ How sport and society are reflected.
- ▶ The trends in under representation in sport and how we can bridge the gap between groups.
- ▶ Benefits of raising participation



# Exercise physiology and biomechanics



- ▶ The break down of nutrition and diet
- ▶ Injury prevention and rehabilitation
- ▶ Levers and the theories behind these
- ▶ Linear, angular and projectile motion





# Sport psychology

- ▶ Looking at a variety of theories and models suggested by psychologists.
- ▶ Understanding why we react to specific situations (aggression and anxiety)
- ▶ Look at how motivation can affect performance.
- ▶ How personality effects performance.
- ▶ Looking at how working in groups can affect performance and people's work rate.



# Sport technology



- ▶ How technology has changed our sport.
- ▶ How technology can reduce injury and improve performance.
- ▶ How technology has changed sport for the supporters.



# Why choose A level PE at Southam College?



2020 - Top performing department in the school in terms of Value Added (0.99)

- ▶ Average expected Value Added was 0.34
- ▶ 2020 - 93% A\*-B, 50% A\*-A, 29% A\*
- ▶ 2019 - 44% A\*-B, 11% A\*-A
- ▶ 2018 - 55% A\*-B, 27% A\*-A



# Entry criteria

- ▶ **GCSE Grade 6 or above in Physical Education** with a minimum of a Grade 6 in the written element of the examination. Playing at least one competitive sport (on the AQA approved list) on a regular basis at club standard (equivalent) or above. For pupils who did not take PE, the GCSE Science grade and evidence of practical ability would be considered.

Acrobatic gymnastics  
Amateur boxing  
Association football  
Athletics  
Badminton  
Basketball  
Camogie  
Canoeing  
Cricket  
Cycling  
Dance  
Diving  
Equestrian  
Figure skating  
Futsal  
Gaelic football  
Golf  
Gymnastics  
Handball  
Hockey  
Hurling  
Ice hockey  
Inline roller hockey

Kayaking  
Lacrosse  
Netball  
Rock climbing  
Rowing  
Rugby league  
Rugby union  
Sailing  
Sculling  
Skiing  
Snowboarding  
Squash  
Swimming  
Table tennis  
Tennis  
Trampolining  
Triathlon  
Volleyball  
Water polo  
Windsurfing

Blind cricket  
Boccia  
Goal ball  
Powerchair football  
Polybat  
Table cricket  
Wheelchair basketball  
Wheelchair rugby



# What careers can I do with an A level in PE?



- ▶ A PE teacher
- ▶ Sports performer
- ▶ Sport nutritionist
- ▶ Sports analyst
- ▶ Physiotherapist
- ▶ Sports coach
- ▶ Sports journalist
- ▶ Personal trainer
- ▶ Sports business manager
- ▶ Sport scientist
- ▶ Physical activity officer
- ▶ Work for a NGB

# Previous trips and memorial experiences

- ▶ We have undertaken a Sports technology master class at Sheffield Hallam University.
- ▶ A PE revision day?!
- ▶ Alongside this we offer sixth form fixtures for Netball, Football and Rugby to help enhance performance but to provide opportunity to gain footage for coursework.





# We don't just say it's good, so do the students...

- ▶ Lucy Yr12 - *"It's like you are doing 3 completely different subjects, so it is interesting and doesn't get repetitive."*
- ▶ Josh Y12 - *"I like that some teachers make it more practical and hands on learning."*
- ▶ Poppy Y12 - *"I like that it is broken into the 3 clear units, as it gives good variety."*
- ▶ Sam Y12 - *"You get to expand on the things you learnt at GCSE making it exciting."*

