

Welcome to the Southam College
Sixth Form



Welcome to A level Physical Education

SOUTHAM COLLEGE

Sixth
FORM

Physical Education

A Level PE

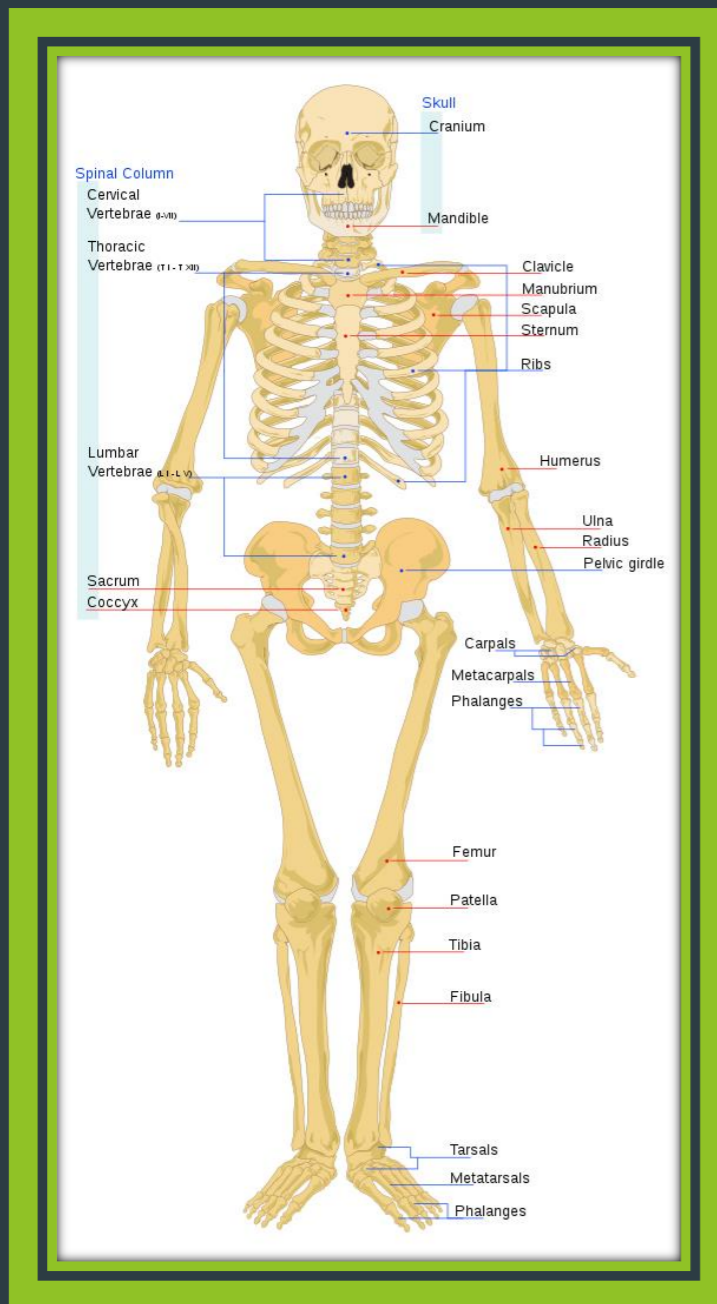


Who should choose A level PE?



- ▶ 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?



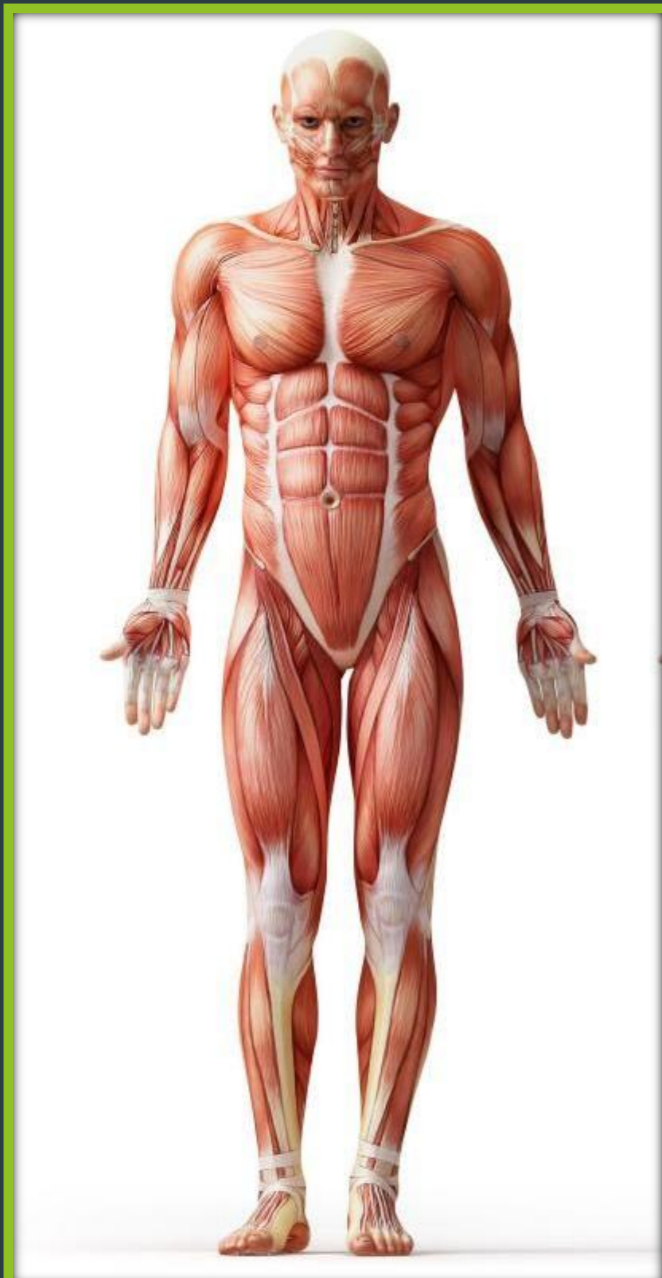
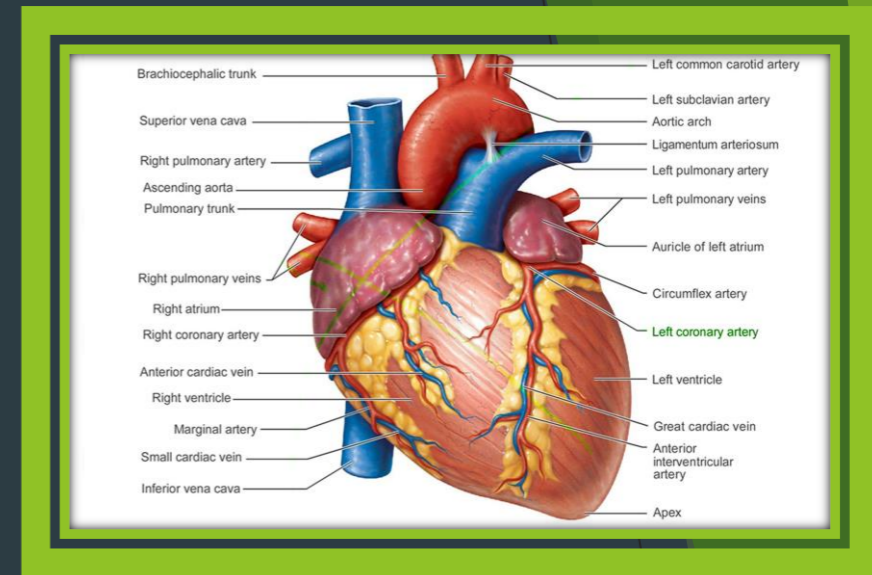
- ▶ AQA Specification
- ▶ 70% theory 30% practical and course work
- ▶ Split into 2 papers (35% each)
- ▶ 1 practically assessed sport as either a performer or coach
- ▶ 1 written analysis of performance coursework.

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.



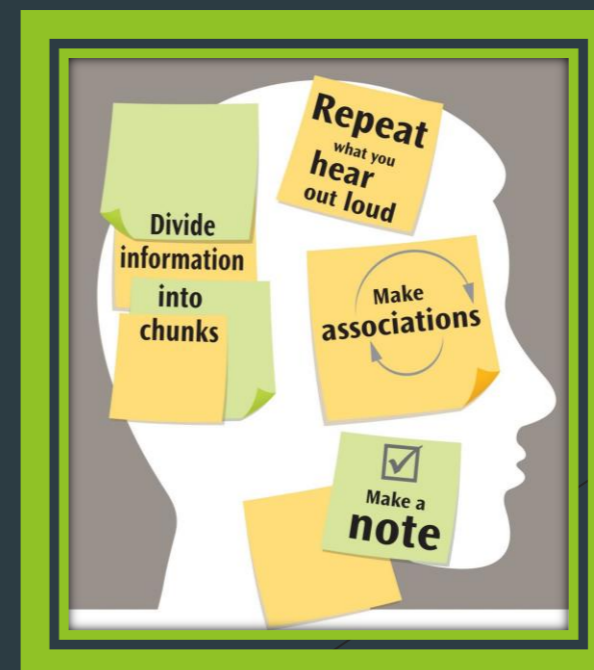
OPEN/CLOSED SKILLS

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.



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 an NGB

Previous trips and memorial experiences

- ▶ We have undertaken a Sports technology master class at Sheffield Hallam University and VO2 max testing at Loughborough 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.”*

