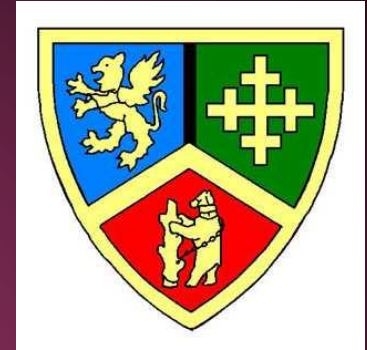


Polesworth 6th Form



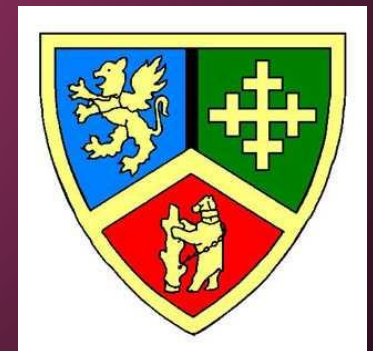
PE Department

You do not need to have studied GCSE PE to do A-level PE

Welcome to A Level Physical Education

By the end of this course you will:

- Study 3 theoretical areas which are physiology, sports psychology and sociocultural issues in sport
- Learn how to analyse sport and communicate your points
- Perform in one sport and be assessed in it



A Level PE:

Course content

You will study...

	Overview	Example topics:
In Year 12	Applied Anatomy & Physiology	Muscles Nutrition
	Psychology	How we learn skills? Personality/Group dynamics
	Sport and society	Emergence and evolution of modern sport
In Year 13	Exercise physiology	Injuries & Rehabilitation Biomechanics
	Skill Acquisition	Attribution theory Aggression
	Sport and society	Technology in sport Drugs in sport

Levers-

Momentum

<https://www.youtube.com/watch?v=Yqzqv3yJMcg>

Selective attention –

https://www.youtube.com/watch?v=qhF_baBVIOs

PNF

Feedback

Red bull cliff

<https://www.youtube.com/watch?v=ttetLjQ4du8>

Attribution theory-

Ringlemann

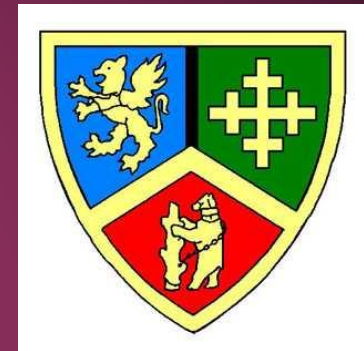
Aerodynamics

Personality – NAF v NACH

A Level Physical Education:

Assessment

Exam board:



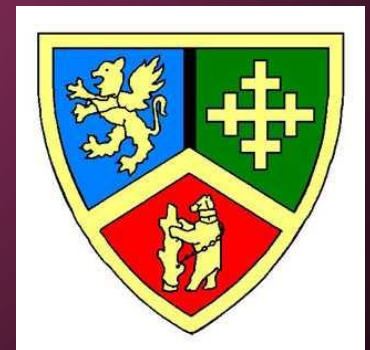
Assessment:

	Percentage:	Detail:
Examination	70%	2 exams sat at the end of Year 13. Paper 1 – 35% 2hr paper 105marks Paper 2 – 35% 2hr paper 105marks
Practical Coursework	30%	To include the practical element and the analysis of performance – <u>ONE sport</u>

Requirements

Course requirements

- General 6th form entry requirements
- A grade 5 for GCSE PE or in science
- Play one sport or activity
- Personal commitment to work hard and meet deadlines



Activity
Amateur boxing
Association football
Athletics
Badminton
Basketball
Camogie
Canoeing (flat water) (white water)
Cricket
Cycling
Dance
Diving
Equestrian

Activity
Gaelic football
Golf
Gymnastics
Handball
Hockey
Hurling
Kayaking (flat water) (white water)
Lacrosse
Netball
Rock climbing
Rowing
Rugby league
Rugby union

Activity
Sculling
Skiing
Snowboarding
Squash
Swimming
Table tennis
Tennis
Trampolining
Volleyball

A Level Physical Education

Further information

2017/18 Course Performance

- 50% of students achieved an A*-B grade by the end of Year 13
- 100% A-C

Student destination(s)

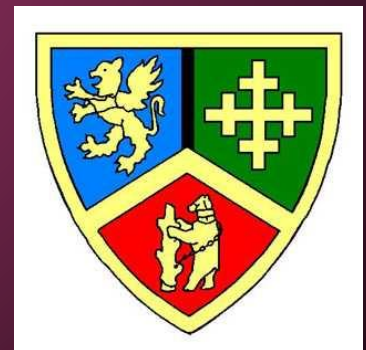
University
Travel coaching
Teaching
Physio
Fitness instructor
Finance and banking in Hong Kong

Department contact

- Mr Hockridge

Can lead into the following careers:

Sport Science
Personal Trainer
Teacher
Physiotherapist
Sports Development Officer



Where can A-level PE take you?

- SPORTS COACHING / TEACHING
- SPORTS MEDIA
- SPORTS SCIENCE
- SPORTS MANAGEMENT

Career pathways

There are many career opportunities in the sport and leisure industry

- Sports Coach
- Journalist
- Photographer
- Broadcaster
- Reporter
- Match Official
- Physiotherapist
- Sports Psychologist
- Performance Analyser
- Strength and Conditioning Coach
- Performance Life stylist
- Sports Development
- Marketing Officer
- Events Organiser
- Nutritionist