

What sports can I do for my practical assessment?

- Football
 - Rugby
 - Netball
 - Hockey
 - Tennis
 - Table Tennis
 - Boxing
 - Athletics
 - Cricket
 - Horse riding
 - Gymnastics
 - Badminton
 - Trampolining
 - Golf
 - Volleyball
 - Dance
 - Swimming
 - Rock Climbing
 - Cycling—Track or road
 - Basketball
 - Squash
 - Skiing / snowboarding
- There are more!!!



PHYSICAL EDUCATION



You will need to produce video evidence in competitive performance

If you are interested in PE speak to Mr. Hockridge in the PE Dept

The Polesworth School

P.E. Department

Tel: 01827 702205

Thank you for taking the time to read this booklet

Examination Results

PE 100% pass rate.

9% A*

73% A – C

73% met or exceeded target grade

Who should do PE at A-level?

If you can say **yes** to the following questions then you could do it.

- Are you interested in sport?
- Do you take part in sport?
- Do you want to get a qualification that shows you have all round abilities?



What is PE A-level?

Below is a brief insight into what you will study over the 2 year course.

Year 1:

- Cardiorespiratory system
- Muscle control
- Analysis of movement across a range of sporting actions
- Acquisition of skills and the impact of psychological factors on performance
- Opportunities for physical activity, benefits to the individual and society and the potential barriers faced by minority groups.

2 hour exam—multiple choice, short answer and extended answer questions



Year 2:

- Energy sources and systems
- Elite preparation and training
- Specialised training and sports injuries
- The use of psychological theories and techniques to optimise performance
- Concepts and characteristics of World Games and their impact on the state and individual
- Use of technology in sport

2 hour exam—multiple choice, short answer and extended answer questions

Year 1 & 3—Practical

- Performance in full sided competition
- Analysis of your performance with theoretical causes and corrections

