



## Physical Education

**One year AS/Two year A level.**

Sport influences all aspects of our lives - our health and fitness, the way we feel, the way we look, the way we act. In this course you will explore the link between these concepts and develop the knowledge and skills to effectively argue for sport's continued position at the heart of our society, whilst appreciating the role Physical Education has in promoting positive ethics and values.

### **Requirements:**

The College minimum to start an advanced level course is one grade B and four grade Cs at GCSE. Students wishing to undertake this course require grade C or above in GCSE English Language and GCSE Double Science. The student will also be expected to meet the Average Points Score for this subject. Previous study of PE at GCSE level is useful, but not essential.

### **This subject will focus on:**

- psychological factors – the learning of skills, motivation, individual differences, leadership, aggression, group dynamics;
- physiological factors – systems of the body, movement analysis, energy systems and recovery, bio-mechanics, elite training methods;
- socio-cultural factors – historical development of PE and sport, equal opportunities, National Curriculum PE; and
- practical performance – practical performance in practice and fully competitive situations as an athlete, coach and/or official, observation and analysis of your performance.

### **You can expect to:**

- develop an understanding of the theoretical and practical concepts underpinning Physical Education;
- develop analytical, evaluative and argumentative skills;
- carry out extensive practical, active learning activities; and
- be pushed to extend yourself and achieve your potential – both practically and academically.

### **Method of assessment:**

Assessment is conducted via practical assessment and written examination.

### **Progression:**

Many students progress onto related degree courses – Sports Science, Physical Education and Teacher Training – at prestigious universities such as Exeter, Durham, Loughborough, Bristol, Brighton, Essex and Kent. Other students diversify into careers such as law, banking, business management, coaching, media, physiotherapy, leisure management, personal fitness and journalism.

### **Other Information:**

Possible combination subjects – A Level Psychology, A Level Biology, BTEC Level 3 Diploma in Sport. Students will be expected to enrol for 'Competitive Sports' and compete in their main sport for the College. Students are also expected to complete the CSLA course to enhance understanding of the course and improve their coursework grade.

**Student Success at Havering Sixth Form:**

Lucy Boulton (ex Abbs Cross), Great Britain's number 1 Beach Volleyball player said: "The A Level PE course gave me a real insight into all aspects of being an elite athlete. The quality of the teaching and the relationships I developed with my tutors and classmates were fantastic; a thorough preparation for studying Sports Science at university."

Physical Education had a 95% pass rate at A Level in 2009.