**A LEVEL PHYSICAL EDUCATION (Linear)**

**WHAT IS PE?**

Physical Education involves focusing on the theoretical aspects of participation and performance in physical activity as part of a balanced, active and healthy lifestyle.

The course focuses on:

* Increasing your theoretical and physical competence
* Developing your involvement and effectiveness in physical activity
* Enabling you to become informed and discerning decision makers in relation to your and others’ involvement in physical activity

**Please note that this is a very different course to GCSE PE as there is a strong theoretical element, much of it scientific and there is much less focus on practical activities.**

**WHY SHOULD I STUDY PE?**

If you are:

* A keen sports person, who is enthusiastic about developing your theoretical knowledge and gaining a greater understanding of the scientific and socio-cultural aspects of performance
* If you wish to pursue a career within any of the sports fields

**USEFUL SKILLS & INTERESTS**

It is essential that you have a keen interest in both theoretical and practical aspects of sport. You are expected to be playing at least one sport on a regular basis to school / club level. Any leadership / coaching awards will be of benefit when it comes to the practical and appreciation of performance assessments.

**COURSE STRUCTURE & CONTENT**

The A Level course consists of **four** mandatory components, consisting of the following areas of study:

**Component 01: Physiological factors affecting performance**

* Applied Anatomy and Physiology
* Exercise Physiology
* Biomechanics

**Component 02: Psychological factors affecting performance**

* Skill Acquisition
* Sport Psychology

**Component 03: Socio-cultural Issues in Physical Activity and Sport**

* Sport and Society
* Contemporary Issues in Physical Activity and Sport

**Component 04: Performance in Physical Education (NEA – Non Examined Assessment)**

* Performance or Coaching of an activity taken from the approved lists
* Evaluation and Analysis of Performance for Improvement (EAPI)

**HOW WILL I BE ASSESSED?**

**Component 01: Physiological factors affecting performance**

* 2 hour written exam paper out of 90 marks which is worth 30% of the total A Level.

**Component 02: Psychological factors affecting performance**

* 1 hour written exam paper out of 60 marks which is worth 20% of the total A Level.

**Component 03: Socio-cultural Issues in Physical Activity and Sport**

* 1 hour written exam paper out of 60 marks which is worth 20% of the total A Level.

**Component 04: Performance in Physical Education (NEA – Non Examined Assessment)**

You will be internally assessed through the NEA in **one practical activity** (either performing or coaching one chosen activity from the approved lists) which is **assessed out of 30**. You **complete logs of competitive participation** in their activities/sports to show their frequency and level of participation. You will be assessed in your performance based on their ability to select and perform appropriate skills consistently, precisely and with control and fluency, adapting them to suit a variety of situations in authentic conditioned, competitive environments for their chosen activity. Below is the list of approved activities:

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Restrictions and allowances** | **Activity** | **Restrictions and allowances** |
| Association Football | *Cannot be five-a-side or Futsal* | Kayaking |  |
| Amateur Boxing |  | Lacrosse |  |
| Athletics |  | Netball |  |
| Badminton |  | Polybat |  |
| Basketball |  | Powerchair football |  |
| Blind Cricket |  | Rock Climbing |  |
| Boccia |  | Rowing |  |
| Camogie |  | Rugby  League | *Cannot be tag rugby* |
| Canoeing |  | Rugby Union | *Can be assessed as sevens or fifteen a side. Cannot be tag rugby* |
| Cricket |  | Sculling |  |
| Cycling | *Track or road cycling only* | Skiing | *Must take place on snow, can be indoor or*  *outdoor* |
| Dance |  | Snowboarding | *Must take place on snow, can be indoor or*  *outdoor* |
| Diving | *Platform diving* | Squash |  |
| Equestrian |  | Swimming |  |
| Gaelic football |  | Table Cricket |  |
| Goal Ball |  | Table Tennis |  |
| Golf |  | Tennis |  |
| Gymnastics |  | Trampolining |  |
| Handball |  | Volleyball |  |
| Hockey | *Field Hockey only – no ice or roller hockey* | Wheelchair basketball |  |
| Hurling |  | Wheelchair rugby |  |

In addition to a practical performance, you will be assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). You will observe a **live or recorded performance** by a peer in **either** their own assessed performance activity or another activity from the approved list and provide an oral response analysing and critically evaluating their performance focusing on specific areas.

You will then identify and justify the major area of weakness within the performance to prioritise for improvement and will propose a two – three months development plan to improve the area of performance identified. The development plan will include:

* aims, objectives and timescale for the development plan
* why it is appropriate to spend this length of time on improving this one area
* frequency, duration and focus of sessions
* detailed progressive practices
* detailed coaching points
* potential adaptations to the development plan depending on progress
* how improvement could be measured

**COURSE COMMITMENT**

This is a very diverse, challenging and demanding course and as such we expect 100% commitment from our students. We set our department standards high and have high expectations and hopes for all our students. High levels of attendance; punctuality; homework submission and independent study are essential if students are to maximise their potential.

**COURSE COSTS**

At the start of the course you will be given the opportunity to purchase Prior Pursglove College sports kit to wear during lessons and when you are volunteering in the local community. This kit is heavily subsidised by the college. Free gym membership is offered to all students.

**ENTRANCE REQUIREMENTS**

For entrance on to this course you will need to meet the college standard entry requirements of 5 GCSE passes grades 4 - 9, including a GCSE grade 4 or above in English Language, Science and preferably Maths. You would normally be expected to have successfully completed a GCSE in Physical Education to at least a grade 4 or a pass but we would not exclude you if you had not done so. If PE studied in school, you must achieve a grade 4 or a pass grade.

**PROGRESSION ROUTES**

These are wide and varied and include:

* University Degree courses (variety of courses – see staff for further discussion)
* Armed Forces
* Teaching
* Police
* Coaching / Leisure development work
* Physiotherapy / Sports Therapy

Some of the students who studied this course at Prior Pursglove College progressed on to:

* Liverpool John Moore University – **Sport Business Management**
* Northumbria University – **Human Nutrition / Law**
* Sheffield Hallam University – **Physical Activity, Health & Exercise Science**
* Sheffield University – **Medicine / PE and School Sport**
* Teesside University – **Sport & Exercise**

**STUDENT COMMENTS**

What our PE students say:

"I chose to study A Level PE at Prior as it's a career I'm considering to pursue in the future and thought Prior would be the best place to help me with this. The PE staff couldn't be friendlier, and go out of their way to help, support and guide you through your time at college."

**FURTHER INFORMATION**

Full course specifications can be found at [www.ocr.org.uk](http://www.ocr.org.uk)

If you require further information, please contact the subject leader Wendy Stubbs.

***Please note that the information in this leaflet is correct at the time of publication, but circumstances may arise which cause us to revise our provision.***

***June 2020***