

A Level Physical Education

How is it assessed?

70% exam (two papers) and 30% non-examined assessment (video evidence of one approved sport in fully competitive situation and a written analysis and evaluation).

What is the theory content?

In year 1 we cover Applied anatomy and physiology, Skill acquisition and Sport in Society. In year 2 we cover Exercise Physiology, Biomechanical Movement, Sport Psychology, Sport and Society and the Role of technology.

Is there much practical?

No, the majority of the course is theory based, although there is always application to practical where possible.

The majority of practical video evidence needs to be produced in your own time (outside of the classroom). It is really useful to have access to a recording device and tripod.

What other A Level subjects work well alongside Physical Education?

There is crossover of content between Biology, Psychology and Sociology.

How many sports do I need to do for the practical?

One – it must be on the approved list though.

Does it matter if I haven't studied GCSE PE?

No – it's desirable, but no essential.

Do I need a textbook?

Yes, definitely. (AQA A-level PE by Atherton, Howitt and Young).

Can I join the sports development or elite sports programme alongside this subject?

Yes, we can make the timetable work to accommodate this.

How many lesson will I have per week?

Four one hour lessons per week.

How much additional study should I be completing per week?

At least four hours.