

POST 16 SUBJECT OVERVIEW

Name of Subject

Physical Education

Which Examination Specification is Studied for this Course?

AQA

Why should I study this course?

The content of the course has been designed to allow you to study Physical Education in an academic setting, allowing you to critically analyse and evaluate physical performance and apply your experience of practical activities in developing your knowledge and understanding of Physical Education. The course allows you to explore a range of activities in the role of performer, including both team and individual activities. The course can also start you on a career path in Physical Education and Sport, with the next, natural progression being to study it as a Degree.

Who is suitable to study this course?

To be suitable to study the course, you should have a keen interest in Sport and play sport competitively outside of the Academy. The obvious course to have studied prior to starting your studies is GCSE PE. This however is not essential. Another useful subject to have studied at GCSE level is Biology.

Popular careers and university-based, sports related courses that students studying PE go on to include:

- Physiotherapy/sports massage
- Sports business/marketing
- Performance analyst
- Sports science
- Sports medicine
- Nutrition/dietitian
- Teaching/coaching
- NHS careers – occupational therapy and nursing

What GCSE Qualifications Support the Study of this Course?

GCSE PE and Biology

What are the Qualification Requirements for this Course?

Grade 6 or above in GCSE PE or Biology

How is the Course Delivered? -

The course is delivered by two teachers, who both teach two, one hour lessons per week. There is also an expectation that students will complete four-five hours of independent study time outside of lessons.

The practical part of the course will be completed outside of the Academy and you will be expected to video yourself performing as evidence for the moderator.

Subject Overview		
Half Term	Year 12	Year 13
Autumn 1	Emergence of Globalisation of Sport	Biomechanical Principles
Autumn 2	Cardio-Respiratory System	The Role of Technology in Sport
Spring 1	Skill Acquisition	Energy Systems/ Coursework
Spring 2	Skill Acquisition	Memory Models
Summer 1	Exercise Physiology	Exam Preparation
Summer 2	Technology in Sport	Exam Preparation

How is the Course Assessed?

There are 6 assessment points each year that we term Praising Stars©. We assess how students at their current stage of study are on track to reach their end of stage targets. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the PE curriculum.

Component 1 - The Human Body and Movement in Physical Activity and Sport.

Written Examination 1 hour 15mins (78 marks) (30% of qualification)

Component 2 - Socio- Cultural Influences and Well-Being in Physical Activity and Sport.

Written Examination 1 hour 15mins (78 marks) (30% of qualification)

Component 3 - Practical Performance

Non examined assessment: internally marked and externally moderated (30% of the qualification)

What is our Recommended Subject Reading list to Support your Study?

Books:

Atherton C, Howitt R & Young S. AQA A Level Physical Education (2019) Hodder Education.

Clegg, C. Exercise Physiology And Functional Anatomy (1995) Feltham Press

Physical Education and the Study of Sport. Robert Davis PhD, Jan Roscoe

Sports Psychology. Inside the athlete's mind. Jonny Bell

Sports rule books and coaching guides

Sports Biographies/Autobiographies

Journals

Journal of Sports Sciences

Journal of Sport & Social Issues

All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s). They are therefore valuable wider reading material

National newspapers. The sports pages report global events and the biggest issues

Websites

www.mypeexam.com

www.sportengland.org

www.brianmac.co.uk

NGB websites

Live Sport

Active involvement in a sports club or team is essential.

Go to live sports fixtures and events – This is fun and may help your grades!

