



## Physical Education

### Overview

The progression into A level Physical Education will allow the student to develop a more in depth knowledge of Applied Anatomy and Physiology, Skill Acquisition, Sport and Society, Biometrical Movement, Sport Psychology, Applied Physiology, and the Socio-Cultural issues in ~sport. The course is taught fundamentally through the application of theory to practical situations fostering the students' motivation and passion in sport, through analysis of their performance in it.

### Students will follow the Physical Education course:

#### Component 1: 35% - 2 hour written examination.

##### Factors affecting participation in physical activity and sport

A combination of multiple choice, short answer, and extended questions

#### Component 2: 35% - 2 hour written examination.

##### Factors affecting optimal performance in physical activity and sport

A combination of multiple choice, short answer, and extended questions

#### Component 3: 30% - non-examination assessment.

##### Practical performance in physical activity and sport

Internal assessment, external moderation

15% - students are assessed as a player/performer or coach

15% - written or verbal analysis and evaluation of either their own or performance of another

### Expectations

Students will be regularly participating or undertaking a role in at least one sport. Students will develop independence to their learning by consolidating classroom work through annotation of notes and summarising key points. Students will spend an hour in private study for every hour taught. Students will engage in classroom discussion developing and applying their knowledge.

### Extra-Curricular Activities/Independent Learning Opportunities

The Physical Education department runs a range of inter school fixtures for students to participate in. There will be opportunities to see elite performers through high quality events to games. There may well be an opportunity to tour and there are planned trips to revision/study sessions to augment in-school learning. Alongside the A level course, the department runs the Sports Leadership programme which enables students to develop and gain a wide range of practical skills.

**Entry Requirement:** There are no additional entry requirements to those mentioned in the Sixth Form Prospectus.