

## Physical Education

Physical Education at A Level is a deep dive into the different factors that affect performance in sport. A-level PE is ideal for those who are thoroughly interested in the physical, psychological and cultural aspects of sport, who also pursue at least one sport to a high level. The subject promotes critical thinking, independent learning, leadership and teamwork, all skills important for life.

A-level PE has strong links with biology and psychology and is a great gateway into the wide variety of careers in sport.

Exam Board: OCR

Component 1: Physiological Factors affecting performance (2-hour examination, 30% of A Level)

This includes the topics of applied anatomy and physiology, exercise physiology and biomechanics. We will study how the body systems work and how diet and exercise affects them. We will also look into how different forces and motion can be used to our advantage.

Component 2: Psychological factors affecting performance (1-hour examination, 20% of A Level)

This includes the topics of skill acquisition and sports psychology. We will learn the models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person. We will also explore the psychological factors that affect group dynamics and the effects of leadership and stress.

Component 3: Socio-cultural issues in physical activity and sport (1-hour examination, 20% of A Level)

This component focuses on the social and cultural factors that have shaped sports over time, and their influences on physical activity. This includes topics such as the commercialisation of the Olympics, ethics and deviance in sport (drugs, violence, gambling) and modern technology and its impact on performance, amongst other things.

Component 4: Performance in Physical Education

This is the practical (non-examination assessed element) which is 30% of the A Level. It has two elements, each weighted equally – performance or coaching in one sport; and an evaluation analysis of performance for improvement (EAPI). This involves watching a recorded performance of a peer and providing an evaluation and analysis of this performance.

Mr JON RILEY  
director of sport