

# Physical Education

# SIXTH FORM

*Don't be anonymous...  
...be remarkable*

A Level Physical Education examines sport and exercise through the lens of human anatomy, health, and performance. It equips you with the skills and understanding needed to thrive in the sport and leisure industry, enhancing your competence and effectiveness in physical activity. You'll explore the diverse nature of the sports sector and the factors that influence participation and performance. The course also encourages critical thinking about current issues in sport, including ethics, technology, and inclusivity. A Level PE is an excellent foundation for anyone considering further study or a career in coaching, physiotherapy, sports science, or leisure management.

**A Level**  
**56 UCAS points**  
**available**



## Student Profile

To thrive in A Level Physical Education, students should demonstrate a strong foundation in both academic and practical aspects of sport. The course demands commitment, resilience, and a genuine passion for physical activity and its wider context.

### Academic Requirements:

A minimum **Grade 6 in GCSE Physical Education** and/or **GCSE Science** is essential. This ensures students have the baseline knowledge in anatomy, physiology, and scientific principles that underpin the course content.

### Practical Ability:

Students must be **practically strong in at least one sport**, ideally competing at **County level or higher**. This level of performance allows for meaningful engagement with the practical assessment component and supports deeper understanding of performance analysis.

## Course Content (OCR)

Students will study a variety of areas throughout the two year course. This includes; applied anatomy and physiology, exercise physiology, biomechanics, skill acquisition, sports psychology, sport and society and contemporary issues in physical activity and sport.

## Assessment Overview

Physiological factors affecting performance - 90 marks 2 hour paper

Psychological factors affecting performance - 60 marks 1 hour paper

Socio-cultural issues in physical activity and sport - 60 marks 1 hour paper

Performance or coaching in one sport

Evaluation and analysis of performance for improvement (EAPI) in your chosen sport.

## Skills Gained

- The ability to apply and adapt a broad range of physical skills and techniques across various activities.
- A strong grasp of the knowledge, skills, and methods needed to perform effectively in sport.
- Development of critical evaluation skills, with application in diverse sporting contexts.
- The capacity to analyse performance and create targeted improvement plans.
- Effective written and verbal communication abilities

## Trips / Cultural Experiences

Sports Village, University of Bath

Ski Trip, Italy or France (residential)

Water Sports Trip, Barcelona, Spain (residential)

## The Future - What Next?

A level Physical Education is recognised by all universities as a suitable and beneficial qualification for degree courses. The scientific and practical elements of the course provide an essential background for studying sports industry at degree level.



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