



Physical Education KS5



AS LEVEL in Physical Education Year 12

What will students learn / what skills will they develop?

Knowledge and Understanding:

In the first year there are two main study topics. The first of these covers the beneficial effects of a healthy lifestyle and includes subjects like the physiological effects of exercise and how people acquire sports skills.

Unit 1 – PHED1

Opportunities for and the effects of leading a healthy and active lifestyle

60% of AS, 2 hour written examination 84 marks

Two sections:

Section A – six structured questions

Section B – application of theoretical knowledge to a practical situation. Available in June only.

In the second study topic you'll learn how to analyse and evaluate an athletes performance, how to improve performance, and the factors affecting gaining new skills.

Unit 2 – PHED2

Analysis and evaluation of physical activity as a performer and/or in an adopted role/s

40% of AS, Internal assessment with external moderation.

Candidates perform, analyse and evaluate the execution of core skills/techniques in isolation and in structured practice as either a player/performer and in an adopted role or two adopted roles. Available in June only

Expected Progress by the end of Year 12

Most students will achieve a grade (C).

More than expected progress by the end of Year 12

Some pupils will achieve a grade (B) or (A*-A).

A2 LEVEL in Physical Education Year 13

What will students learn / what skills will they develop?

Knowledge and Understanding:

In the second year you'll have two main study topics again. The first continues with the theme of optimising the performance of an athlete. This includes how physiology can improve performance for elite athletes, as well as studying the important topics within sport today.

Unit 3 – PHED3

Optimising performance and evaluating contemporary issues within sport

30% of A2, 2 hour written examination 84 marks

Three sections:

Section A – how exercise physiology can optimise performance

Section B – how application of psychological knowledge can optimise performance

Section C – contemporary influences in sport and their impact on the performer. Available in June only.

The second study topic looks at performance in competitive situations. This includes the observation and analysis of weaknesses, along with ways of correcting any errors the athlete is making.

Unit 4 – PHED4

Optimising practical performance in a competitive situation

20% of A Level, Internal assessment with external moderation 120 marks

Candidates perform, analyse and evaluate their own performance, identify areas of performance that they could improve, and suggest causes and appropriate corrective measures. Available in June only

Expected Progress by the end of Year 13

Most students will achieve a grade (C) or (B) grade.

More than expected progress by the end of Year 13

Some pupils will achieve an (A*-A) grade.

WHY SHOULD YOU CHOOSE A LEVEL PE

Make a healthy living

Sport & fitness is a huge industry... and you can be part of it. If you're keen on sport you can make a healthy living from your passion.

Whether that's working for a football club, as a personal trainer at the local gym, or training to be a physiotherapist, there are lots of opportunities.

From professional sport through to amateur teams and individuals who just want to get in shape, sport and fitness is a fast-growing business. Best of all, you could be in a career doing something that you love.

Sporting Legacy

Every year more and more people take up sport. Since the UK hosted the Olympic Games in 2012 and the Commonwealth Games in 2014 physical education has never played such an important part in society. As somebody working in sports, you'll be riding the crest of a wave. Also to be within 10 minutes of the Olympic Park there are lots of opportunities for you to work, rest and play within fantastic facilities.



Physical Education KS5



Assessment

In the first year you'll have two assessments. The first is a written paper which covers the first study topic of the year. This paper accounts for 60% of your marks for the year. The second assessment is a practical exercise where you will be marked as a player and/or coach and/or official, depending on your personal goals. This practical assessment is based on the second study topic of the year and accounts for 40% of your marks for the year. A pass is recognised with an AS level.

The assessment for the second year is the same.

A two hour paper on the first study topic of the year accounts for 60% of your marks. Then a practical performance in a competitive situation as a coach, official or performer, along with your written presentation on how to correct weaknesses in an athlete, will account for the remaining 40% of marks for the year.

Literacy

Students should be able to express ideas and information clearly, precisely, accurately and appropriately in spoken and written communication. In writing, students should write accurately and fluently choosing content and adapting style and language to a wide range of forms, media, contexts, audiences and purposes. In reading, students should understand how meaning is constructed through words, sentences and whole texts, recognising and responding to the effects of language variation.

Numeracy

Students should be able to use calculators effectively and efficiently. They should also be able to change the subject of an equation and substitute numerical values into simple formulae and equations using appropriate units.

Home Study Students are expected to complete a minimum of 1 hour of homework per week to aid their study. In addition to this there will be revision classes and extension classes to help the students achieve their potential in this subject.

Meeting the needs of Individual Students

Students working as group leaders, captains

Use of ICT

Range of tasks and teaching styles

Outstanding work displayed

Additional Support for Learning

Differentiated activities are available to meet students' needs.

Useful websites:

www.1st4sport.com
www.britannica.com
www.sportsearch.org.uk/governing_bodies/ngbs/index.html
www.bioanim.com
www.innerbody.com
www.thelssa.com/lssa/main.asp
www.ncbi.nlm.nih.gov/entrez/querf.fcgi
www.pponline.co.uk
www.schoolzone.co.uk
www.physsportsmed.com
www.exploratorium.edu/sports
www.robertaines.com/stats
www.brianmac.demon.co.uk
www.uksport.gov.uk
www.worldsport.com/ws
www.britishcouncil.org
www.olympics.org.uk/
www.culture.gov.uk
www.disabilitysport.org.uk
www.eis2win.org.uk
www.imspa.co.uk
www.sports-sponsorship.co.uk/
www.olympic.org

Where will success take you

The subjects you learn about will be invaluable at a personal level and will help you to be better at sport, no matter what your standard. This A Level also opens up a whole number of career options. Like sport scientist, physiotherapist, or working for a national governing body.

PE goes well with other subjects. If you want a career in physical education you might also consider courses like Human Biology. But no matter what your career ambition, if you are passionate about sport, this course is great to take alongside other topics.

There is a full programme of extra-curricular activities and clubs that changes termly and are run before-school, after-school and at weekends. Please see the timetable for further details of clubs to get involved in or see a member of the PE department.

SMSC

The PE Department offer a range of Spiritual, Moral, Social and Cultural experiences through PE lessons and the many extra-curricular activities that take place.

These SMSC experiences are based on the Olympic and Paralympic Values of Friendship, Respect, Excellence, Determination, Inspiration, Courage and Equality.