Southend High School for Girls
Sixth FORM

Course outline

Head of Department:
Mrs L Buscombe

Minimum entry requirements:
Grade 6 in GCSE PE. It is preferable for students to be competing at club level for the benefit of the practical assessment.

Physical Education

What will you study in Year 12?

By taking A level Physical Education you will be studying several different A level subjects within the one course; principally Biology, Physics, Psychology, English, Mathematics and Sociology. The fundamental difference is that these subjects are delivered through the platform of sport, and therefore provide your practical playing experience with the Sports Science knowledge that underpins elite level sport. It will provide you with a theoretical basis to support your training and performance. The areas of study include: Biomechanics, Anatomy and Physiology, Skill Acquisition, Sport Psychology, Sport and Society and Technology in Sport.

The theory component constitutes 70% of the course. The other 30% is practical assessment, which includes Physical Performance in one sport (from a prescribed list of activities) which constitutes 15% of this, and you will also complete a Performance Analysis (15%). This is a written or verbal piece of coursework based assessment, which requires you to complete a detailed breakdown of a weakness within your chosen sport and develop your understanding for improving technique using a variety of strategies.

What will you study in Year 13?

You will continue to develop your knowledge and skills and these will help you to understand and underpin how to enhance performance. You will be able to analyse, apply and reason in context using the techniques, language and vocabulary that characterise physical education. The practical unit will extend your practical performance and you will also further develop your Analytical skills through the Performance Analysis unit.

How will you be assessed?

Students will be assessed through a variety of formative and summative ways. The external assessment is based on two theory papers (35% each) and the practical assessment (15%) is completed through the 'Non-examined assessment' (NEA) component of the course, along with the written coursework (the 'Performance Analysis', also worth 15%).

Internal assessment will be maintained through: extended answer exam questions, formally assessed end of topic tests, interactive quizzes, peer questioning/marking, homework & research tasks, 'check your understanding' sections in the text book and end of unit text book questions. Practical performance will be discussed regularly and informally monitored. Students will be responsible for the filming of their practical evidence, which will be completed outside of lesson time. You will also complete transition examinations at the end of year 12.

Where will this course lead?

Physical Education will help students to become informed and discerning decision makers and challenges them to become reflective practitioners. Students wanting to study Sports Science and Physiotherapy at degree level will find the skills developed through Physical Education particularly useful. A level PE would also support Psychology and Biology degrees and many other career paths.

Further information

We have established links with the University of East London and Essex University who deliver additional sessions with students to give them access to, and experience of, Undergraduate Sport Science study. We provide revision sessions with Senior lecturers and applied physiotherapy and rehabilitative skills, with NHS Physiotherapists. We also offer support during lunchtimes and in students' free periods, as well as access to the fitness suite to facilitate independent training. In terms of competitive sport we enter local competitions and arrange fixtures against other schools in cross-country, netball and football.

Examination board website:
https://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-7582/specification