

Physical Education

A Level

Head of department: Russell Tomlin

Email: rtomlin@esher.ac.uk

Exam Board: OCR



What is this subject about?

The main focus of the subject is on participation and performance in physical activity as part of a balanced, active and healthy lifestyle. The subject involves an academic study of physical activity and its practical performance. Note the subject is 75% theory and 25% practical.

For the AS level you will study:

During the first year you study three main areas of anatomy and physiology, the acquisition of skill, and the socio-cultural study of sport and physical education. In addition there is practical work. You select two practical options from a range of individual activities and games. There are 11 groups of activities; you must select from two different groups for example invasion games and athletic activities. Students are also required to do an interview involving an analysis of another performance in one of their own assessed activities.

For the A2 level you will study:

In the second year you will cover exercise physiology and the psychology of sport, and also look at the comparative studies of sport and physical education. In the second year students get assessed in only one practical activity of their choice. Students are also required to do an extended interview in their chosen sport which builds on the analysis done in the first year.

How is the course assessed?

Assessment is by one written examination, an interview on one of your chosen sports and practical internal and external moderation at the end of each year. In AS, practical work is 30%, the interview 10%, and the examination 60%. In A level, the practical work is 30%, the interview 10%, and the examination is 70%.

What skills will I need and develop in this course?

You will need to develop an ability to apply your theoretical knowledge to a range of practical sporting situations. You will need to be able to analyse and evaluate performance and to identify key priorities for improving performance. You will develop your own individual skills in two sports. You will need to be able to discuss the factors that make for a balanced healthy lifestyle.

Will I need to buy a textbook?

No, you will be provided with a textbook when necessary in classes. However we strongly recommend purchasing OCR revision guides as well.

Subject combination advice:

PE is suitable to be combined with any A level. Biology is a good choice, but only if you are very strong at Biology. Other possible options are Psychology and Sport and Leisure Studies.

What can the course lead to in terms of higher education and future careers?

The specifications provide a suitable foundation for specialist study in both Physical Education and Sports Studies in higher education and are also suitable qualifications for other areas of study. The specifications provide an excellent foundation for candidates intending to pursue careers in teaching and coaching, sports development, the leisure industry, recreational management, health, leisure and fitness, and professional sport

What are the formal entry requirements for this course?

Aside from the general entry criteria that the College requires, you ideally need at least a C grade in Science GCSE. If you have taken GCSE PE you are expected to have achieved a high grade, but you can take this course without previously having studied GCSE PE.

What extra support / enrichment activities are on offer?

The college has sports fixtures in both girls and boys Football, Rugby Union, Basketball, Hockey and Netball. Students are encouraged if they play these sports to try to get into a team by attending trials. The college offers courses in Sports Leaders Award and a Higher Sports Leaders award which are excellent introductions into coaching. In addition we organise a Level 1 Football Coaching Course and a rugby leader's award among others during the academic year.

What kit will I need?

You will be told when you will be taking part in practical; you need any sensible sports clothing.



ESHER
COLLEGE

Weston Green Road, Thames Ditton, Surrey, KT7 0JB
Tel: 020 8398 0291 Fax: 020 8339 0207
Email: eshercollege@esher.ac.uk

