

SPORT & PE

A level Physical Education

Pearson / Edexcel

Entry requirements

- Grade 5+ in Sport Science
- Grade 5+ in Biology or Trilogy Science
- You must be playing / participating in competitive sport regularly outside of College



Course structure

- Component 1: scientific principles of physical education – ATA
- Component 2: psychological and social principles of physical education – RRO
- Component 3: practical performance – ATA
- Component 4: performance analysis (PA) and personal development plan (PDP) - RRO



Delivery / assessment

Component	A Level Assessment	Content Overview	Delivery Guidelines	Staff
Component 1: Scientific Principles of PE	Written exam 2 hours 30 minutes /140 40%	Topic 1: Applied anatomy & physiology	Sep – Feb half-term	ATA
		Topic 2: Exercise physiology & applied movement	Feb half-term – July	ATA
Component 2: Psychological & social principles of PE	Written exam 2 hours /100 30%	Topic 3: Skill acquisition Topic 4: Sport psychology Topic 5: Sport & society		RRO RRO RRO
Component 3: Practical Performance	Internally marked and externally moderated /40 15%	Skills performed in one physical activity as player / performer or coach	Preparation & assessed performance. Evidence collection Year 12. Grade October half-term Year 13	ATA
Component 4: Performance Analysis (PA) & Personal Development Plan (PDP)	Internally marked and externally moderated CW /40 15%	PA in chosen role students will investigate two components of a physical activity (one physiological component and either a technical or a tactical component) in order to analyse and evaluate the effectiveness of their own performance	Year 12	RRO
		PDP is designed to lead on from the student's PA. The purpose is to optimise the student's performance in the role of a player/performer or coach	Year 13	RRO

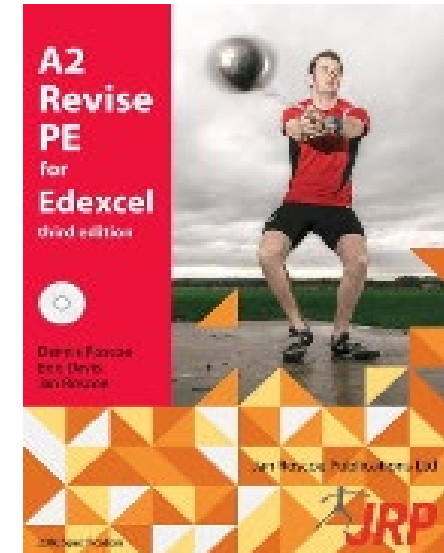
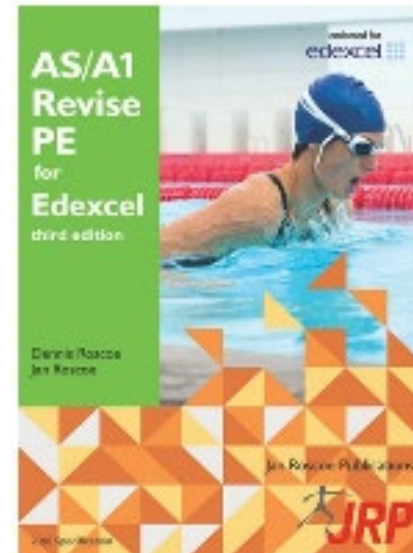
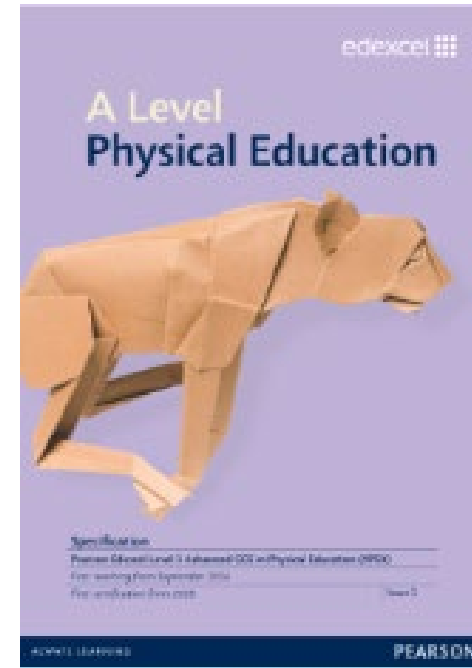
Resources

- SharePoint
- Textbook:

Jan Roscoe publications

AS/A1 revise PE for Edexcel

A2 revise PE for Edexcel



Progression and career opportunities

- You can progress to further study in Sport, Leisure and Physical Education
- Our students go on to work and study all over the world in sectors including:
 - Teaching / education
 - Leisure management
 - Coaching
 - Physiotherapy
 - Sport psychology



Sports Academy, Sports Leadership, Sixth Form Sport

- HCC Sports Academy
 - Timetabled Strength & Conditioning sessions
 - Nike Sports Academy kit
 - Training Diaries
- Sports Leadership
 - HCC Sports Leadership
 - Support PE lessons & Extra-curricular Clubs
- Sixth Form Sport
 - 1 session per week (optional)
- Facilities

