

A level Physical Education

Why study PE?

- This traditional stepping stone of an A Level offers a route into a range of PE and Sports science courses. Students will develop their scientific knowledge of a range of disciplines and understand the impact upon themselves and performers within a whole range of sports.
- The multi-disciplinary approach to the subject means that topics from physiology, psychology, sociology, history, biomechanics, nutrition and training are combined together to give the learner the most up-to-date understanding of the theoretical aspects in this field, which will open the door to a wide range of HE courses and careers.

Why study PE at Solihull Sixth Form College?

- The course has been taught at the College for many years and teachers have developed a depth of knowledge and understanding of the subject. Many students have moved onto the most competitive courses in PE/Sport or have used the course on their pathway to the next level. The practical and written aspects of the coursework also mean that students can showcase their learning and achievements to the best effect as feedback and support can be given to develop work of the highest standard.
- Students also have the opportunity to play within the AoC Colleges leagues in regional and national level competition by being part of the successful and highly-coached teams which train and play weekly.
- A variety of teaching methods and learning experiences will be used ranging from classroom based activities through to visiting specialist speakers.



Case Study

Among the recent successful students to have taken this course is **Sophie Baggaley**.

She came to the College from outside the area to study A Levels in Physical Education, Biology, Chemistry and Mathematics, whilst juggling playing football for Birmingham City Ladies and England. She achieved outstanding grades (all A and A* grades) and progressed to the University of Birmingham to study Physiotherapy. She has since signed for Manchester United Women's team.



"I thoroughly enjoyed each of the A level courses I studied and enjoyed the more individual approach to studying. The support that the teachers gave me had a huge influence in enabling me to be able to balance both my football and my studies. They consistently aided me in my work and were there every step of the way."
- student Sophie Baggaley



Course Outline

Paper 1: Factors affecting participation in physical activity in sport - written exam, 2 hours, 105 marks, 35% of A Level.

Section A: Applied Anatomy and Physiology – includes a range of topics such as the skeletal and muscular systems, the cardiovascular and respiratory systems in relation to the performance of physical activity and the energy systems of the body.

Section B: Skill acquisition - includes a range of topics such as: classification of motor skills; types and methods of practice, stages of learning and memory models.

Section C: Sport & Society – includes a range of topics such as pre-industrial Britain; national recreation in post-industrial Britain and sociological theory applied to equal opportunities.

Paper 2: Factors affecting optimal performance in physical activity in sport - written exam, 2 hours, 105 marks, 35% of A Level.

Section A: Exercise, Physiology and Biomechanics – includes a range of topics such as injury prevention and nutrition and training methods. This then moves on to cover topics such as linear and angular motion, fluid mechanics and projectile motion.

Section B: Sports Psychology - includes a range of topics such as: personality, motivation, arousal, groups and teams and stress management to optimise performance.

Section C: Sport and society and the role of technology in physical activity and sport - includes a range of topics such as elite performers, ethics, violence, drugs, sport and law, commercialisation and media and modern technology in sport.

Non-exam assessment - Internal assessment and external moderation, 90 marks, 30% of A Level. The coursework for A Level PE is split into two parts:

• **Performance** - Students taking A level PE must be able to perform sufficiently well in **ONE** practical activity. It is expected that all students must be performing regularly in structured competition **AND** have the ability to provide a range of recorded evidence. This evidence must be taken during the time period in which their A level studies occur **AND** should be selected from the AQA A level PE specification (pages. 26-30 at <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-7581-SP-2016.PDF>). Students must be proficient and experienced in playing the sport. A Level PE is not the correct option for those who are not currently regular players or those students wishing to start playing a sport. Students wanting to take this course **MUST** satisfy the practical requirements on commencing the course otherwise enrolment will be prohibited.

• **Analysis of Performance** - Students are required to analyse and evaluate the performance of a player. This can be their own or the performance of another. This will be completed in a written format via a series of homework tasks.

Assessment

Coursework (30%)

Examination (70%)

Examining Board – AQA.

Special Entry Requirements

If GCSE Physical Education has been taken, students must achieve a minimum of grade 4. This is in addition to our standard A level entry requirements - www.solihullsfc.ac.uk/courses/entry-requirements.

Prohibited Options

None.

What do our students go on to do?

This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as Psychology, Sociology and Biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry. This qualification is suitable for learners intending to pursue any career for which an understanding of the human body or human behaviour is desirable. Other avenues of progression for candidates would include careers in: sport and physical activity, PE teaching, Physiotherapy, Personal Training and Sports Coaching.

Cost Implications

None.

Complementary Subjects or Enrichment Courses

Level 2 Sports Leaders is always a useful addition. Likewise, playing sport for the College is encouraged for those taking part in team sports but is not compulsory.

Examination Results

The full breakdown of results in the last three years is as follows:

Year	Entry	A*	A	B	C	D	E	U	A-E%
2019	35	0	2	6	8	13	5	1	97.1%
2020	28	0	4	3	11	6	4	0	100.0%
2021	30	2	3	4	10	7	4	0	100.0%

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