

# Sixth Form



## GCE A Level Physical Education

### Duration:

1 Year for AS, 2 years for A level (A2). 2 examined units make up the AS level and a further 2 examined units are required for the full A level qualification.

### Specification:

AQA Specification.

*Further details are available from the AQA website.*

### Entry Requirements/Student Suitability:

Students are required to reach the Wadebridge Sixth Form Level 3 entry criteria. In addition students must have achieved a grade B or above in Science and/or Physical Education at GCSE. They must be strong, practical performers and be able to offer two sports to AS level standard. They will need to be playing at club level and training out of school.

### Course Content:

#### AS Level

##### Unit 1—PHED 1

Opportunities for and the effects of leading a healthy and active lifestyle. Areas covered will include exercise physiology, skill acquisition, opportunities for participation.

60% of AS Level

Examined by 2 hour written paper.

##### Unit 2—PHED 2

Analysis and evaluation of physical activity as a performer and/or as a coach or official. Students choose two different sports to be assessed in as a player or they can be assessed in the same sport in two different roles i.e. player and official.

40% of AS Level

Internal assessment and external moderation.

#### A2 Level

##### Unit 3—PHED 3

Optimising performance and evaluating contemporary issues within sport. Areas covered will include Sports Psychology, Applied Physiology and evaluating contemporary influences.

30% of A2 Level

2 hour written exam.

##### Unit 4—PHED 4

Optimising practical performance in a competitive situation. Students select one sport and one role only i.e. player, coach, official. They perform, analyse and evaluate their own performance in either a written or oral form.

20% of A2 Level

Internal assessment with external moderation.

### Methods of Study:

Group discussion.

PowerPoint notes.

Research from core text book issued to each student.

Practical experience in order to relate the theory to practical examples.

Practice exam questions.

Progress checks to check students' understanding.

Preparation of presentations to the group.

Teacher led activities.

### Independent Study Time:

A successful Sport Studies student will not only need to be playing sport and training regularly, but they will have to be disciplined and well organised enough to complete a minimum of five hours of study in their own time. This will involve doing set homeworks, note taking, exam style questions and reading the set text. They will need to revise thoroughly for each progress test of which there are nine over the year.

### Progression and the Future:

This A Level course would be suitable to combine with any others as part of a three A Level progression onto a university degree. It is accepted by all universities. Many students go onto study one of the following courses at university:

Sport and Exercise Science

Secondary PE Teaching

Sports Coaching

Sports Rehabilitation

Primary Teaching

Sports Development

### Subject Contacts:

Mrs D A Smith

[dsmith@wadebridge.cornwall.sch.uk](mailto:dsmith@wadebridge.cornwall.sch.uk)

### How to Apply:

The Application Process begins in February of each year. Please contact Sarah Fisher, Sixth Form Administrator, for further information or to request an application form.

[sixthform@wadebridge.cornwall.sch.uk](mailto:sixthform@wadebridge.cornwall.sch.uk)

*For further information and exemplar question papers see the exam board web site.*

For further information and to apply for this course:

Please contact Sarah Fisher, Sixth Form Administrator

[sixthform@wadebridge.cornwall.sch.uk](mailto:sixthform@wadebridge.cornwall.sch.uk)

Telephone 01208 812881 Ext 254 or 07807301462

Wadebridge