



PHYSICAL EDUCATION A LEVEL

- **Why take A Level PE?**
 - You have a love of sport
 - You participate regularly at school/club level or beyond, so why not use your sporting ability to gain some part of a major qualification?
 - You are interested in developing a deeper understanding of human sports performance
 - Maybe you are interested in a career in sport or physical recreation
 - It increases confidence through the performing element
 - It increases independence and team building skills
 - It teaches transferable skills such as problem solving and analysis
 - You want to improve your own performance as a sportsman or woman





PHYSICAL EDUCATION A LEVEL

Factors that affect participation and optimise performance.

- Anatomical & Physiological →
- Psychological →
- Skill Acquisition →
- Socio-Cultural →
- Biomechanical Movement →



PERFORMANCE

The word "PERFORMANCE" is written in large, bold, blue capital letters inside a white oval. Five blue arrows point from the list of factors on the left towards the oval.

Students learn how all these factors influence their own and others performance and get a chance to use this knowledge to improve their own skills in a chosen area.



Sir John Lawes School
Education for a changing world

A Level PE incorporates:

Biology

Chemistry

Physics (Mechanics)

Maths

Sociology

Psychology

History





Paper 1: Factors affecting participation in physical activity and sport.

- 2hr written exam
- 35% of A-Level

Paper 2: Factors affecting optimal performance in physical activity and sport.

- 2hr written exam
- 35% of A-Level

Non-exam assessment

- Practical performance as performer or coach in full version of 1 activity
- Written/Verbal Analysis of Performance
- 30% of A-Level





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Paper 1

Applied Anatomy and Exercise Physiology

Movement Analysis
Pulmonary Function
Cardiac Function
Neuromuscular Function
Energy systems

Skill Acquisition

Skill and Ability
Information Processing
Learning and Performance
Practice and Guidance

Sport and Society

History and development of Sport
Sociological Theory of Sport





Paper 2

Exercise Physiology & Biomechanics

Diet and Nutrition

Training Plans and Principles of Training

Injury Prevention and Rehabilitation

Biomechanics of Movement

Sport Psychology

Personality/Attitudes/Arousal

Anxiety/Aggression/Motivation

Social Facilitation

Group Dynamics/Leadership

Goal Setting

Stress Management

Sport and Society

Current Provision for Leisure

Role of Schools and NGB's

Ethics/Violence/Drugs

Commercialisation/Media

Technology in Sport

