



HEADLANDS SCHOOL
SINCE 1965

Headlands School,
Sewerby Road, Bridlington,
East Yorkshire, YO16 6UR
Tel: 01262 676198
email: admin@headlandsschool.co.uk
website: www.headlandsschool.co.uk
Headteacher: Mrs Sarah Bone

A Level Physical Education

What will I learn?

The content has been designed to allow learners to study Physical Education (PE) in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject.

During the 2 years you will complete 4 components

1. Component 1 Physiological factors affecting performance-
 - Applied anatomy and physiology
 - Exercise physiology
 - Biomechanics
2. Component 2 Psychological factors affecting performance
 - Skill acquisition
 - Sports psychology
3. Component 3 Socio-cultural issues in physical activity and sport
 - Sport and Society
 - Contemporary issues in physical activity and sport
4. Component 4- Performance in physical education
 - Performance or coaching of an activity
 - Performance analysis

How will I be assessed?

70% of the A level course is assessed through externally set exams. This are split into:
Physiological Factors affecting performance 30%
Psychological factors affecting performance 20%
Socio- cultural issues in physical activity and sport 20%
The remaining 30% of the course is made up through a Verbal analysis of performance and practical or coaching performance.

Is there anything else I need to know?

Students selecting this course should be achieving at least a B in both GCSE exam papers or a Distinction in a vocational course.

:PRIDE :ASPIRE :RESPECT



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The Quality in Careers Standard >>>>

This course is classroom based with opportunities for practical sessions to support theoretical understanding. In order to secure practical grades you must be playing or coaching your first choice sport on a regular basis outside of school as all performance analysis will be done off site.

Future Opportunities?

Aims and learning outcomes 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.