



BOSTON HIGH SCHOOL SIXTH FORM

A mixed Sixth Form in a selective Grammar school for girls

PHYSICAL EDUCATION

QUALIFICATION: A Level

EXAM BOARD: AQA

COURSE LEADER:
Mrs Brennan

“A varied & rewarding course which prepared me, in depth, for the challenge, both knowledge based and mental resilience, of a midwifery course at Nottingham Trent”



COURSE CONTENT

Composed of 2 written exams and NEA – practical performance in one selected sport as a performer or coach with written analysis and evaluation.

- A) **Paper 1—Factors affecting participation in physical activity and sport—Club based participation** with topics concerned with developing knowledge of applied anatomy and physiology (how their body functions to play sport); Skill acquisition -how we learn the skills); Sport and society—understanding how sport has developed in society.
- B) **Paper 2 Factors affecting optimal performance in physical activity and sport—Elite performance** covering topics covering a range of issues such as exercise physiological, biomechanics of performance, sport psychology, use the benefits of modern technology in training and review the role of elite sport in society.

NEA Practical students are assessed as a performer in the full sided, competitive version of their chosen activity. Students are responsible for providing 4 x video footage of fully competitive performances irrespective of their sport. This is then developed theoretically through written analysis of performance in their selected role identifying and explaining two weaknesses - one defensive / event / race and one tactical / choreographic and how they affect performance as well as evaluation - how training can improve these identified weaknesses. This unit is internally assessed and externally moderated.

PREPARATION FOR STUDYING THIS SUBJECT

A keen interest in wanting to develop how participation in sport can be enhanced, developing how the body performs well mentally and physically.

You are required to develop personal performance competitively as a performer or coach outside of school in one selected sport which is listed on the AQA list of recognised sports.

ASSESSMENT

2 Written papers in Y13 - each 35% of the final grade -2hrs long – based on topics covered in the three sections as listed opposite including multiple choice, short and long answer questions in each section.

NEA – 30% in total

15% practical performance as a coach or performer– with skills and techniques being applied in a fully competitive performance in one sport of your choice – which is on the accepted list.

15% written analysis and evaluation of practical performance – weaknesses and how improvements can be made

FUTURE OPPORTUNITIES

- UEA -Medicine and Physiotherapy
- Loughborough University- Sports Psychology and Business Studies
- Northampton University- PE and Primary Teacher Training
- Loughborough University - Dietician Based / Physiotherapy
- Nottingham Trent - Midwifery
- Bedford / Leeds Met -Secondary based teaching degrees
- Sheffield Hallam - Sports Psychology / Sports Studies / diet and nutrition

ENTRY REQUIREMENTS

Full entry requirements can be found on our website. Please ensure you check these as some courses have subject specific requirements that must be met in addition to the general entry requirements to join our Sixth Form.