


**HIGHAM LANE  
SIXTH FORM**

# Physical Education

The background of the slide features a photograph of the Higham Lane Sixth Form building. The building is a two-story brick structure with a prominent orange-red vertical section. The words "Sixth Form" are visible on the right side of the building. In the foreground, a group of students is walking on a green lawn. The sky is blue with some light clouds. The image is partially obscured by a large light blue circular graphic on the left side.

**HIGHAM LANE SIXTH FORM - ACHIEVE - BELIEVE - SUCCEED**

## FAQs

Do I need to play sport to take A level PE? How many sports do I get assessed in?

Yes. You will be assessed in **one** sport which counts towards 15% of your overall A level. You will be required to keep a competitive log of your participation in the sport. There is a set list of activities for your to pick from which can be found on the OCR website.

A level Physical Education allows students to study Physical Education in an academic setting. It equips learners with a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural, and practical aspects of Physical Education. It also enables students to further explore a practical activity in detail, chosen from a number of sporting activities, as either a performer or coach, as well as to analyse and evaluate their performance in this chosen activity.

### Assessment:

There are four main elements to the course, each assessed separately as part of the A Level qualification, at the end of the two year course:

- (1) **Physiological factors affecting performance** – 2 hour written paper (30% of total A level)
- (2) **Psychological factors affecting performance** – 1 hour written paper (20% of total A level)
- (3) **Socio-cultural issues in physical activity and sport** – 1 hour written paper (20% of total A level)
- (4) **Performance in Physical Education** – Non-exam assessment (30% of total A level)

### Course Details:

#### **(01) Physiological factors affecting performance**

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics

#### **(02) Psychological factors affecting performance**

- 2.1 Skill acquisition
- 2.2 Sports psychology

#### **(03) Socio-cultural issues in physical activity and sport**

- 3.1 Sport & society
- 3.2 Contemporary issues in physical activity and sport

#### **(04) Performance in Physical Education – Non-exam assessment**

- 4.1 Performance or coaching of an activity taken from the approved list
- 4.2 The evaluation and analysis of performance for improvement

## FAQs

Can I take A level PE if I have done a Cambridge National in Sport or BTEC in Sport?

Yes. You will have covered some of the content that you will continue to study at A level. However, there will be some new topics that you will not have studied so you may need to do extra reading to develop your knowledge beforehand.

### Other Learning Opportunities:

- Supporting Key Stage 3 and 4 students in PE lessons and extra-curricular clubs
- Workshops at leading sports universities, such as Loughborough University

### Where next with this course?

A Level Physical Education provides a foundation to learning for further study in many degree subjects and career areas, including Physical Education, Sport and Exercise Science, Physiotherapy, Sport and Leisure Management, Sports Technology and Sports Teaching and Coaching, as well as other related subject areas such as Psychology, Sociology and Biology. A Level Physical Education will also enable students to develop transferable skills that are in demand by further education, higher education and employers in all sectors of industry.

## FAQs

Are the same topics covered in A level PE as GCSE PE?

Yes. You look into most topics studied at GCSE PE in more detail in A level PE (muscular, cardiovascular, sports psychology, socio-cultural, sporting behavior, skill acquisition). You also learn some new topics such as biomechanics, the emergence of sport and energy systems.

## FAQs

Do you get to do practical?

Most lessons are spent in the classroom. There are some practical lessons when you look at the impact of exercise on cardiac values and the different types of training methods.

For more information about  
courses that are available at  
Higham Lane Sixth Form,  
please visit our website

