



Kimberley  
School

AQA A Level  
**PHYSICAL  
EDUCATION**

SIXTH FORM  
PE

## Make a Healthy Living

Cambridge Technicals are vocational qualifications that are designed to give you a work-focused alternative to A Levels.

They've been designed to give you opportunities to demonstrate and develop the practical application of knowledge and understanding in the areas of work that appeal to you. This will enable you to develop your research skills as you work, both independently and with colleagues, to progress through your qualifications.

## The UK is Sports Mad!

Every year more and more people take up sport. After what can only be said to be the golden period in British sporting history, we wish to inspire those to achieve what the likes of the British Olympians and Para-Olympians, Andy Murray (and the Great Britain Davis Cup Team) and the men's and women's England Rugby World Cup teams all achieved. Physical Education has never played such an important part in society. As somebody working in sports, you'll be riding the crest of a wave.

## A Level PE Key Learning Topics

### **Subject Content:**

- Applied anatomy and physiology
- Skill acquisition
- Sport and society
- Exercise physiology
- Biomechanical movement
- Sport psychology
- Sport and society and the role of technology in physical activity and sport



## On Your Marks.....

The course assessment has 2 exams, each 2 hours in length, worth 35% of the final grade.

The first written paper covers

- Applied anatomy and physiology
- Skill acquisition
- Sport and society

The second paper covers:

- Exercise physiology & Biomechanical movement
- Sport psychology
- Sport and society and the role of technology in physical activity and sport

Practical assessment in one physical activity worth 30%.

## Where Will Success Take Me?

The subjects you learn about will be invaluable at a personal level and will help you to be better at sport, no matter what your standard. This A Level also opens a whole number of career options. Like sport scientist, physiotherapist, or working for a national governing body.

## Will it Fit My Life?

PE goes well with other subjects. If you want a career in physical education, you might also consider courses like Human Biology. But no matter what your career ambition, if you are passionate about sport, this course is great to take alongside other topics.

## What you need to be doing?

You will need to be playing a sport at least at club level outside of school and training regularly. This is imperative at A Level to achieve strong marks for the Non-Examined Assessment.





See any member of the PE Dept for further details.