

Physical Education

Pass rate: 100%
A*-B rate: 25%

Exam board: OCR

Average class size: 6

Course Leader: Mr Aitchinson - g.aitchinson@huttongrammar.org

What topics are covered in this subject?

Component 01: Physical factors affecting performance

There are three topics:

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics.

Component 02: Psychological factors affecting performance

There are two topics:

- Skill acquisition
- Sports psychology

Component 03: Socio-cultural issues in physical activity and sport

There are two topics:

- Sport and society
- Contemporary issues in physical activity and sport.

Component 04: Performance in physical education

Students are assessed in the role of either performer or coach in one practical activity. They are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.



How is this subject taught?

A Level PE is classroom-based mixed with practical elements to reinforce the theoretical aspects in a practical way. This is enhanced by the use of video and skill analysis, relevant sports clips and

highlights, media coverage through social media, TV, newspapers, technology in sport etc.

What are the enrichment opportunities in this subject?

We welcome a Sports Psychologist as a guest speaker and run a trip where students spend the day with a sports injury physiotherapist. We also take a trip to a professional sporting event eg. The Open Championship

Where does this subject lead at 18+?



Physiotherapy

Sports Science

Sports Analysis

Coaching

Sports Development

Teaching

Sports Psychology