**Hutton Grammar Sixth Form Prospectus information**

**Department: PE**

**Subject:** PE

|  |
| --- |
| **What topics are covered in this subject?**   **Component 01: Physical factors affecting performance** Students gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise. They also study the effects of force and motion on the body and how they can be used to our advantage.  There are three topics:   * Applied anatomy and physiology * Exercise physiology * Biomechanics.   **Component 02: Psychological factors affecting performance**  Students study the models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person. They also explore the psychological factors that affect group dynamics and the effects of leadership and stress.  There are two topics:   * Skill acquisition * Sports psychology   **Component 03: Socio-cultural issues in physical activity and sport**  This component focuses on the social and cultural factors that have shaped sports over time, and their influences on physical activity. Students consider the impact of hosting a global sporting event such as the Olympic Games, and the influence of modern technology on both the performer and the spectator of contemporary 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.  Students are also assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). They observe a live or recorded performance by a peer and provide an oral analysis and critical evaluation of their peer’s performance. |
| **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.  **How will you be assessed?**  • Non- Exam Assessment (NEA). One practical performance, as either a coach or a performer in an activity.  • NEA. One Performance Analysis task.  • A total of four hours assessment split over three examination papers (2 x 1 hour and 1 x 2 hour) taken at the end of the two year course.  • A wide range of question types including: single mark, short answer and extended response questions.  • The opportunity to demonstrate your knowledge of both theory and performance skills in both your NEA and through the examinations. |
| **What are the enrichment opportunities in this subject?**  Guest speaker: Sports Psychologist.  Trip: Physiotherapist experience (a day with a sports injury physiotherapist)  Trip: Professional sports event: e.g. The Open Championship  Revision Course: A level PE revision seminar |
| **Where does this subject lead at 18+?**  Initially the PE course will lead to improvements in sports performance and fitness as students improve their all round knowledge of various aspects of PE and sports. Students who are keen to take their study of PE and sport further can go on to a variety of courses at University which offer the opportunity to specialise in areas such as Sports Psychology or Sports Science. PE is a useful subject for anyone considering a career in Physiotherapy, Sports Analysis, Sports Development, Coaching, Sports Science, Sports Psychology or PE teaching. |