



**Midhurst Rother College**

The best in everyone™

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# Physical Education

**Exam Board:** AQA

**Contact Teacher:** Mrs H Kemp

## Why study Physical Education?

Physical Education has never played such an important part in our society with more and more people participating in sporting activities and adopting healthy lifestyles. A level Physical Education allows you to acquire and develop practical sporting skills while enabling you to evaluate your performance. The course is aimed at those who enjoy sport and want to bring an academic dimension, allowing students to study the theory behind the practical elements.

Physical Education links particularly well with Science subjects. Students from this course have entered degree courses in Teaching, Physiotherapy, Sports Science, Sports Rehabilitation and Mathematics.

## Course details

### AS level

Unit 1- PHED 1: Opportunities for, and the effects of, leading a healthy and active lifestyle. This unit makes up 60% of AS Level and 30% of A Level grade.

Unit 2 - PHED 2: Analysis and evaluation of physical activity as a performer and/or in an adopted role. This unit makes up 40% of AS Level and 20% of A Level grade.

### A2 level

Unit 3 – PHED 3: Optimising performance and evaluating contemporary issues within sport. this unit makes up 30% of A Level grade.

Unit 4: PHED 4: Optimising practical performance in a competitive situation. This unit makes up 20% of A Level grade.

## How is the course taught and assessed?

Students will build on experience from Key Stage 4 and GCSE to enhance their knowledge and increase their understanding of factors that affect performance and participation in physical education. The specification offers students the opportunity to experience and develop an interest in a variety of roles in sport such as performer, official and/or leader/coach at AS level and then be able to specialise in one at A2. The content of the course will address current contemporary topics in sport such as the impact of the use of ergogenic aids, technology and the increasing commercialisation of sport. The qualification looks to equip students with skills and knowledge required for higher education or the world of work.

**Entry requirements**

Anyone intending to take Physical Education at A level will be expected to have achieved 6 GCSE grades C or above including English Language and Mathematics. Students should have a good level of practical skill as this forms a major part of the total A level marks. It is recommended that students have a grade C or above in Core Science.

**What are the progression routes with this qualification?**

Previous students of Midhurst Rother College have been accepted on higher education courses to study sports science, teaching, leisure management, coaching studies to name a few.