



Wakefield Girls' High School
Queen Elizabeth Grammar School
Wakefield

Course Guide

A-level Physical Education

Technical Information

AS Level

AS Level Course Title	Unit Code	Awarding Body
AS GCE Physical Education	H154	OCR

AS Units:

Name	Unit Code	Method of Assessment	Maximum UMS Score
An introduction to Physical Education	G451	Examination	120
Acquiring, developing and evaluating practical skills in PE	G452	Practical and Moderation	80

A2 Level

A2 Level Course Title	Unit Code	Awarding Body
A GCE Physical Education	H554	OCR

A2 Units:

Name	Unit Code	Method of Assessment	Maximum UMS Score
Principles and concepts across different areas of PE	G453	Examination	140
The Improvement of effective performance & the critical evaluation of Practical Activities in PE	G454	Practical and Moderation	60

WGHS Senior School

(Girls 11-18 years)
Wentworth Street
Wakefield WF1 2QS
Telephone: 01924 372 490
Email: admissions@wghsss.org.uk

QEGS Senior School

(Boys 11-18 years)
154 Northgate
Wakefield WF1 3QX
Telephone: 01924 373 943
Email: admissions@qegsss.org.uk

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Physical Education

Background Knowledge and Qualifications

It is not necessary that you should have studied Physical Education at GCSE in order to take the AS or A-level. What is important is that you should have a lively and enquiring mind, an interest in Physical Education, a willingness to explore new ideas and an ability to communicate your ideas effectively.

In essence, the course will let students who enjoy sport and sporting activities develop their all-round knowledge of the subject whilst pursuing an academic course they enjoy and can relate to.

The course will appeal to those students who:

- have a keen interest in sport and recreation
- want to follow a course that develops the theoretical aspects through practical involvement
- have an enquiring mind and are interested in sport throughout the world
- want to know more about how the body functions and the effects of exercise
- want to evaluate and improve their own sporting performance
- enjoy discovering about themselves in practical situations
- want to study a course that is active and that they will enjoy
- may want to move onto a related career or higher education course

Course Description

In the first year (AS) there are three components. Areas to be looked at include: factors affecting performance; contemporary studies in PE and a coursework section which is the practical element. This looks at performance in a conditioned, competitive situation and the completion of a Viva evaluating and analysing a live performance and relating all 3 theoretical aspects to the practical performance.

In the second year (A2) the practical element continues but the onus is on the improvement of effective performance and the critical evaluation of practical activities in PE. The theoretical paper consists of the historical study of sport, exercise physiology and the psychology of sport.

You will:

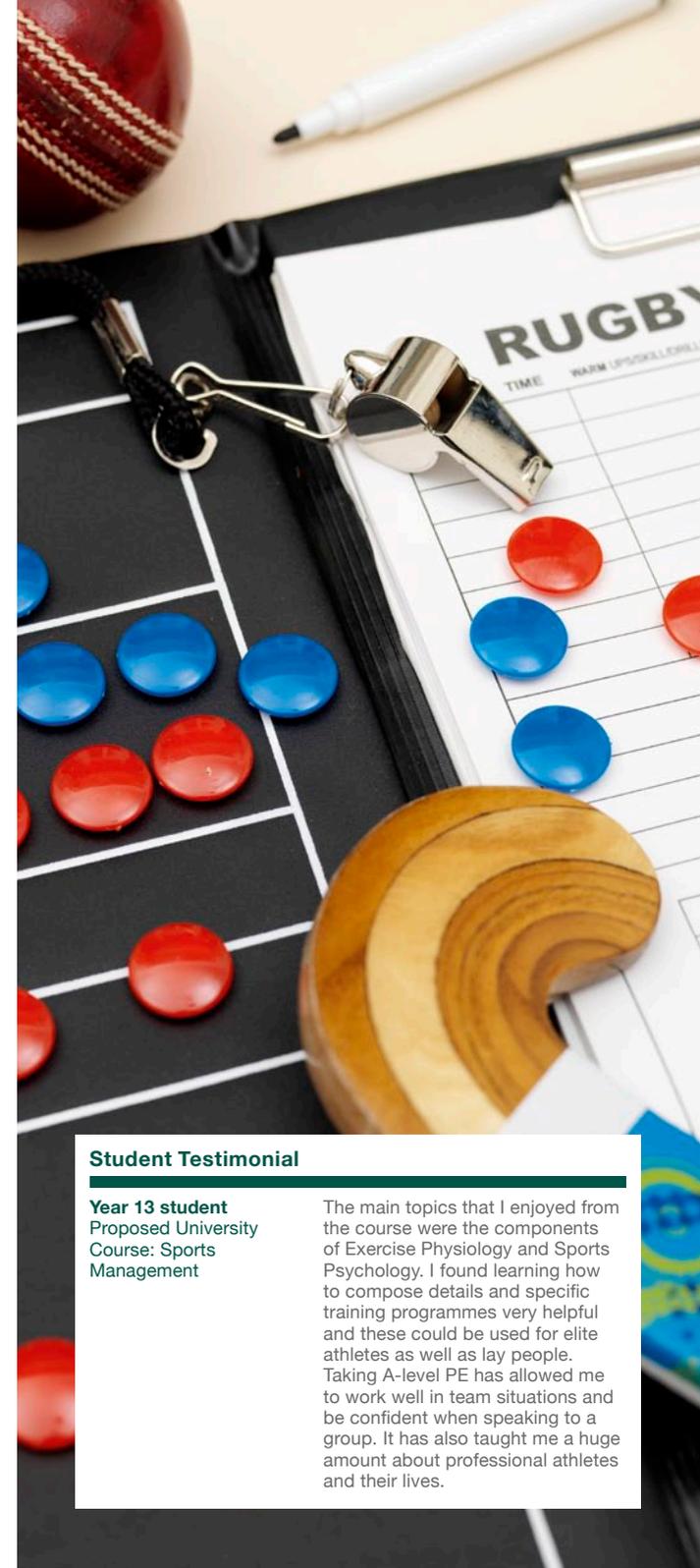
- develop your knowledge and skills in selected activities
- explore the contemporary sociological issues in modern sport
- examine the effects of exercise and the relationships between training and performance
- analyse the way we learn to be skilful
- compare and contrast sport through many different cultures
- enhance your understanding of sports psychology and how mental preparation affects performance
- find ways to improve your own performance through a greater understanding of the subject area

Use of Course and Qualification

Students with AS or A2 Physical Education have access to a wide range of possible career and higher education opportunities. You learn and use a variety of transferable skills throughout the course.

Physical Education combines with a range of AS and A-level subjects. Taken with the Sciences it supports applications for a wide range of university courses such as Sports Science, Physiotherapy, Nutrition and Exercise Science. Taken with other subjects it can lead to university courses in Leisure and Recreation Studies, Sports Coaching and Management, Sports Technology and Teaching degrees. Past students have followed a wide variety of courses ranging from Teaching, Business and Management, Agriculture, Travel and Tourism to Physiotherapy and Medicine.

Some students may use their qualifications to go straight into employment. Since AS and A-level Physical Education develop the transferable skills and the key skills that employers are looking for, they can lead to a very wide range of employment opportunities. This can include further training in such areas as Recreational Management, Leisure activities, Armed Forces, the Civil Services, Teaching and Sports Administration, Physiotherapy and Sports Science to name a few.



Student Testimonial

Year 13 student
Proposed University
Course: Sports
Management

The main topics that I enjoyed from the course were the components of Exercise Physiology and Sports Psychology. I found learning how to compose details and specific training programmes very helpful and these could be used for elite athletes as well as lay people. Taking A-level PE has allowed me to work well in team situations and be confident when speaking to a group. It has also taught me a huge amount about professional athletes and their lives.