

<https://www.aqa.org.uk/subjects/physical-education/as-and-a-level/physical-education-7582>

## Why Physical Education?

As a student passionate about sport, you will develop your own sporting ability while exploring a diverse range of topics including the history of sport, how your body responds to exercise and why you do not always perform at your best in important competitions.

You will study anatomical, physiological and psychological theories and apply them to sporting activity. You will look at what contributes to an active and healthy lifestyle and develop an insight into movement, behaviour and performance in relation to sport and play. You will also develop ways to optimise your own practical performance.

A level PE promotes relevant and transferable skills in leadership, communication and organisation which help in all aspects of your professional and personal life.

## Assessment

35% - Paper 1

Factors affecting participation in physical activity and sport

35% - Paper 2

Factors affecting optimal performance in physical activity and sport

30% - Non-Exam Assessment (NEA)

Practical performance in physical activity or sport. Assessed as a performer or coach. Also, a written or verbal analysis of performance.

## Recommended Reading

AQA A level PE - Year 1 and 2 by C Atherton

AQA A level PE - My Revision Notes by S Young

AQA A level PE - Topic on a page Zig Zag

<https://theeverlearner.com/availableCourses?curricula=1>

## Recommended Entry Requirements

Grade 5 GCSE PE and Combined Science or

Grade 5 GCSE Biology if PE has not been studied.

## Future Pathways

University degrees, apprenticeships and careers in Sports Science, Sports Studies, Occupational Therapy, Teaching, Physiotherapy and more.

## Complementary A Levels

Biology, Chemistry, Maths, Physics, Business Studies, English, Geography, Psychology, Sociology.

## Extra & Super Curricular

Year 12 Enrichment activity throughout the year.

Represent the school in football, rugby, hockey, netball, cross-country, athletics, basketball and more.

Organise and run a range of community sports clubs: e.g. KS3 and primary school children.

A Level PE Revision Conference at Prior Park.

*“This subject isn’t just about sport  
- I was surprised by the level of  
challenge it offered. Staff are really  
helpful as you adjust to the transition  
from GCSE to A Level study.”*