



PHYSICAL EDUCATION AS/A LEVEL

Awarding Body

Edexcel

Who is the course for?

Those learners who play for a sporting club outside of school

Those who have a passion for sport and sports development by way of being a participant, official or a coach.

What can it lead to?

Enable learners to maintain and develop their involvement and effectiveness in physical activity
Progression to University Degrees in Sport Science, Sports Physiotherapy and PE teaching.

What are the entry requirements?

What will I Study?

Learners will have the chance to take on the roles of 'performer', 'leader' or 'official' at AS, before focusing on one of these roles at A2. In the context of their chosen role(s), they will:

- review their current participation in physical activity
- identify opportunities locally, nationally and internationally for them to advance their participation in physical activity
- create a development plan and a life plan for their participation in physical activity.

Learners will learn about sport, from the grass roots to the elite level, and the development of competitive sport. Healthy lifestyles, fitness and training, and preparation for sports performance are also covered extensively.

How will I be taught?

- Through the use of presentations
- Video clips
- Independent research
- Group work

Student led lessons as well as teacher led lessons

How will I be assessed?

AS

Unit 1: Participation in Sport and Recreation

Written Paper

50% of AS

25% of AS and A2 combined

Unit 2: The Critical Sports Performer

Coursework

50% of AS

25% of AS and A2 combined

A2

Unit 3: Preparation for Optimum Sports Performance

2 hour written paper

50% of A2

25% of entire course

Unit 4: The Developing Sports Performer

Coursework

50% of A2

25% of entire course

What equipment or materials will I need?

Exercise & Textbooks.

You will need to belong to a club outside of school that trains regularly and takes part in league/tournament matches.

Video recording equipment.