



## Course Requirements

GCSE PE – Grade 5 (if studied)  
and Grade 5 in a Science subject  
and GCSE English Language Grade 4

## Syllabus

OCR

## Who to Contact

Mrs C Pearson  
Course Leader

## Overview

This is an interesting and challenging learning experience, linking key sporting ideas with practical performance and gaining insights into the relationships they have with each other.

The development of transferable skills, including decision making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking and acting under pressure.

The study of A level Physical Education opens up a range of possibilities for further study and careers associated with the subject.

The emphasis throughout the two year course is on the development of knowledge, competence and confidence in a wide variety of skills.

You will learn how Physical Education affects and contributes to society and also how to apply your knowledge from this course to any number of different practical situations or career choices.

## Structure

A level PE

Unit 1 -

- Anatomy and Physiology
- Exercise Physiology
- Biomechanics

Unit 2 -

- Acquiring Movement Skills
- Sports Psychology

Unit 3

- Sociocultural Themes
- Contemporary Sporting Issues

Unit 4

- Practical Performance or coaching from the approved activity list
- EAPI