

Physical Education

Qualification: A-Level Physical Education
Additional Entry Information: PE (C) and GCSE Science (C)
Pupils need to be able in at least ONE sport listed in the WJEC assessment criteria
Speak to **Mrs K Matthews** for more information.

What do students need to know or be able to do before taking the course?

The course assumes no prior knowledge although you should take a keen interest in sport and physical activity and be able to perform in at least ONE area of sport that is listed on the WJEC assessment criteria. An interest in Biology is also of benefit.

What will students learn on this course (skills and course content)?

The theory element of the course is split into 4 areas. It equates to an exam that is worth 60% of the total qualification. These four areas appear throughout year 12 and 13 and the areas of learning are; Exercise Physiology, Sports Psychology, Skill Acquisition and Sport and Society. The practical element of the course is weighted at 40% of the final mark. It includes performance and coaching/officiating in one sport and a piece of coursework relating to improving in that sport.

What sort of student is this course suitable for?

This course would be suitable for people interested in the science behind sport and fitness. It would be of benefit to those who play sport at a good/high level of performance as the course has a 40% weighting to practical areas.

What kind of work will students need to be able to do outside of lessons?

Students should ensure that they strive to maintain competing in the sport of their choice. Students should also aim to start or continue with coaching in their chosen sport to maximise their practical mark.

What is the course content and how is this assessed?

AS

- Unit 1 – Exploring physical education (written exam). 24% of full qualification
- Unit 2 – Improving personal performance in physical education. 16% of full qualification

A2

- Unit 3 – Evaluating physical education (written exam). 36% of full qualification
- Unit 4 – Refining Personal Performance in Physical Education Personal Performance in Physical Education. 24% of total qualification



What could students go on to do at the end of this course?

This course is suitable preparation for any Sports Science degree and is also a good entry point for other careers such as Physiotherapy, Teaching or Leisure Management. Previous students have successfully secured places at University to study Sports Science at Cardiff Metropolitan, Swansea, Bath and University of South Wales among others.

Approved Sports

The list of activities below is a full and complete list of all available activities for this specification. All activities must have a competitive or formal condition in which learners can be assessed. * Activities that are acceptable for assessment as an official

Amateur boxing	Swimming (Can also be synchronised swimming)
Association football* (Cannot be five-a-side or futsal)	Table tennis
Athletics (Can include cross country)	Taekwondo
Badminton	Tennis
Baseball	Trampoline*
Basketball*	Triathlon
Camogie/Hurling	Volleyball
Canoeing	Water polo
Cricket*	Weightlifting
Cycling (Track or road cycling or mountain biking)	Wind surfing
Dance*	Boccia
Diving* (Platform diving)	Goal ball
Equestrian	Polybat
Gaelic football	Powerchair football*
Golf	Table cricket
Gymnastics* (Can also include rhythmic gymnastics)	Wheelchair basketball*
Hockey*	Wheelchair rugby*
Ice hockey	
Judo	
Karate	
Kayaking	
Lacrosse*	
Lifesaving	
Mountain walking	
Netball*	
Orienteering	
Rock climbing (Can be indoor or outdoor)	
Rounders	
Rowing	
Rugby league*	
Rugby union* (Can be assessed as sevens or fifteen a side.)	
Sailing	
Sculling	
Skiing	
Snowboarding	
Squash	
Surfing	

