

Why Choose Physical Education?

Physical Education studies the key socio-cultural factors that influence people's involvement in physical activity and sport. The course will enable you to understand how physiological and psychological states affect performance and to study the contribution that physical activity and technology make to health and fitness. You will also be able to perform, coach or officiate in physical activities and to apply the theoretical aspects of Physical Education in practical situations.

The study of sport through social, cultural and scientific methods will enable you to become an effective and independent learner and to develop your critical thinking and analytical skills.



Choose Physical Education as an option and you will have the opportunity to enhance your performance and coaching knowledge through supporting lower school teams at lunchtime and after school. You will also have the chance to join Sixth Form teams in Rugby, Football, Netball and Hockey and participate in Urdd Swimming and Athletics. Visits to universities and interviews with local sports stars also enhance the understanding of key concepts.



At Alun School,
our experienced teaching team provide expert
guidance and tuition in 5 weekly lessons.

Physical Education

Assessment Information

A Level Units

AS Unit 1 - Exploring Physical Education - 1 hour and 45 minutes written examination that makes up 24% of qualification.

AS Unit 2 - Improving Personal Performance in Physical Education - non-exam practical that makes up 16% of qualification.

A2 Unit 3 - Evaluating Physical Education - 2 hours written examination that makes up 36% of qualification.

A2 Unit 4 - Refining Personal Performance in Physical Education - non-exam practical that makes up 24% of qualification.

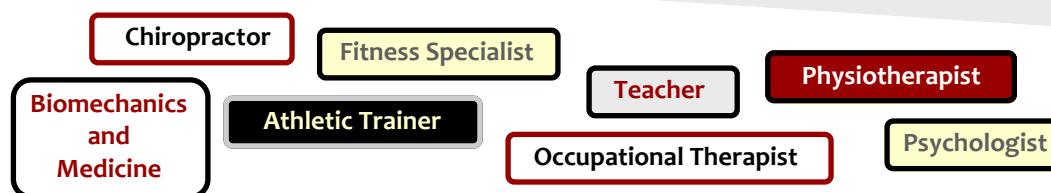
Entry Requirements

You should have achieved a grade B or above in GCSE Biology or Psychology, Mathematics and Physical Education.

Progression Routes

The transferable skills and knowledge you will gain through the study of Physical Education at Alun School will be invaluable in enabling you to access a wide range of courses at university.

Physical Education will give you an excellent grounding for multiple career opportunities including:



Every year, this highly successful course inspires many students to progress on to study Physical Education and Sport at university. Physical Education also compliments other degree subjects such as Physiotherapy, Sports Therapy, Psychology, Medicine and Sports Science.

“A level P.E. was no push over! I learnt so much in sport history that I hadn’t thought of; it shaped my sport, psychology, and exercise science and helped me understand my own performance. It was a great base for my university studies in Sport”

Joe Robinson

“Skill acquisition, sports psychology and exercise physiology have helped me in my coaching development and my understanding of how people are effected during training and performance.”

