

Subject: Physical Education (AQA)

Subject Leader: Mrs. R Clarke

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City of Norwich School Sixth Form
An Ormiston Academy – Excellence in all

Recommended Textbooks:

AQA A-Level PE (Year 1 and Year 2) - Carl Atherton, Sue Young & Ross Howitt

My Revision Notes: AQA A-Level PE - Carl Atherton, Sue Young & Michaela Byrne

Need to Know: AQA A-Level PE – Kirk Bizley & Ross Howitt

If you love Physical Education we really recommend you read:

1) Bounce by Matthew Syed

2) Sports Gene by David Epstein

3) The Talent Lab by Owen Slot

This course covers the following key topics:

- Physiology
- skill acquisition / sports psychology
- Socio-cultural aspects / technology in sport
- NEA – performance / analysis and evaluation

The theory is assessed through two written papers and is worth 70% of the marks. Whilst the other 30% is made up of NEA (Non-examined assessment) – Split between practical activity and written analysis and evaluation on sport performance.

We love teaching this course because it is sport science heavy with a focus on theoretical aspects. The content features new and contemporary topics, relevant to today's sporting world. Alongside developing knowledge of a diverse range of topics such as; anatomy and physiology, sports psychology theories and current social cultural issues.

The course is an excellent progression from GCSE physical education that takes the learning deeper and preparing for future careers in sport science.

Our students say:

"I enjoy A-level PE because it gives me lots of options for careers in sports in the future and it is very detailed and interesting"

"It's a good pathway for a career in sport"

"I like A-Level PE because I enjoyed GCSE PE and it goes into more detail",

"I chose A-Level PE because it links well with my other subjects"

"I enjoy A-Level PE because of the large range of topics we learn about in the subject"



What future pathways are open to me if I study Physical Education?

Opportunities will be available in fields of physiotherapy; sports science research; sports performance analysis; medical profession; armed services; teaching, coaching; personal trainer; sports journalism.