



## Why study PE at Formby High School?

A Level Physical Education is for students who regularly take part in sport as a leader or performer at club level and want to broaden their knowledge of theoretical concepts in sport. The course provides students with the opportunity to investigate the physiological, psychological and social aspects of sport.

### What does the course involve?

The OCR specification is followed, which offers progression from GCSE Physical Education and provides a solid foundation for study of the subject in higher education.

The course takes a multi-disciplinary approach, encouraging the development of different methods of enquiry drawn from a wide range of disciplines.

The theory content includes:

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics
- Skill acquisition
- Sport psychology
- Sport and society
- Contemporary issues in physical activity and sport

This A Level course will involve the study of theoretical sporting concepts that promote a lifelong involvement in physical activity. You are required to be proficient as a performer or as a coach in one activity, and you will be required to perform skills at a high level in your sport and analyse the performance of others. Students learn much about the body and the impact of exercise on it. There is considerable science content associated with the physiological aspects of the course and students must be confident in their scientific knowledge and understanding.

### What can the qualification lead to?

The subject provides a solid foundation for Physical Education and sports-based degree courses at higher education, including Teaching, Sports Management, Sports Psychology, Sports Nutrition, Sports Studies, Sports Rehabilitation, Sports Science and Physiotherapy.

### What are the entry requirements?

Students will require a grade 6 in GCSE Physical Education, grade 6 in GCSE Biology and grade 6 in Physics or two grade 6s in GCSE Trilogy Science. An interest in sport and excellent ability as a performer or coach in one activity is essential, as is a desire to improve one's own performance through regular practice.

### Which other subjects complement PE?

- Biology
- Chemistry
- Dance
- Geography
- Physics

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*I chose Physical Education, as I wanted to explore in depth the knowledge about new topics such as Nutrition and Recovery. Also, from doing GCSE it gave me the foundation to work off for the A level. Physical Education is not all about learning about the body; the course includes projectiles, psychology, and energy systems. The course also aids in 'real life' sports- for me it has helped with my progression in my own sport, which is athletics. The teachers are really helpful- they are always there for me or any member of my class to help us in any aspect of the course and has put our minds at ease on many occasions. I would externally encourage anyone who has an interest in sport, human biology or psychology to take A level PE as one of your options. You won't regret it!*

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**Matthew chose to stay at Formby High for Sixth Form**

