



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

"I chose Physical Education because sport is my passion. I was keen to learn more about the topic of the cardiovascular system and new topics like energy systems. From doing the GCSE, it has given me the foundation to work from for the A Level. I find that the lessons are motivating and we have the opportunity to work both in groups and independently. Physical Education is not a subject that is all about the body as you will have the opportunity to learn about sport psychology and sport and society. The course gives me the chance to apply my 'real-life' sport (that is football) to content we learn and back up my answers with examples. The teachers are really supportive and are always there for you if you have any questions about your studies or if you simply need support. They make the lessons really interesting and I would definitely encourage anybody who has an interest in sport to pick A Level PE. A great choice in my opinion!"



Charlie chose to stay at Formby High for Sixth Form

