

LGGS SIXTH FORM



‘Being sports captain has given me so many skills that I can take forward with me into university life and my future career. The responsibilities of working with others, managing my time attending clubs and fixtures alongside my studies whilst delegating tasks to others have helped me to develop into a more well-rounded person who is not afraid to break out of their comfort zone.’

Megan, Year 13 Sports Captain

PHYSICAL EDUCATION

COURSE INFORMATION

The course is examined through two written exam papers and both practical and written coursework.

ACTING HEAD OF DEPARTMENT: Miss L Sharples
EXAM BOARD: AQA

This dynamic theoretical and practical course builds on student’s experiences from Key Stage 4. The modern specification encourages students to immerse themselves in the world of sport; delving into a vast range of topics from Anatomy and Physiology to Sports Psychology and Technology; alongside the chance to perform or coach a sport at a competitive level. The diverse nature of this subject means that it complements many subjects and is highly attractive to potential employers and universities. It demonstrates knowledge in an array of sport-related disciplines and the nature of the work develops

Future Pathways and Careers

Sport and fitness is a huge industry and you can be part of it. If you're keen on sport you can make a living from your passion. PE opens up a whole number of career options ranging from sport scientist, PE teacher, event organiser, armed forces, emergency services and physiotherapist. Many of our students have also gone on to study Medicine at university.

Former students of this subject

- ◇ Qualified and Training to be PE teachers
- ◇ Studying Nutrition and Dietetics
- ◇ Qualified Sports Coaches
- ◇ Studying and qualified Physiotherapist
- ◇ Qualified or trainee Doctors
- ◇ Primary School Teachers
- ◇ Studying and playing professional Sport abroad
- ◇ Studying Medicine and cardiology
- ◇ PhD in Exercise Metabolism

‘PE A-Level gave me an understanding of some of the body systems and physiological mechanisms which underlie the basics of Medicine. The course also helped me during my intercalated Honours degree in Sports Science Medicine, which is a topic I am very interested in and find extremely relevant whilst playing sport.’

Kirsty, Qualified Doctor

‘Having studied A-Level PE at LGGS I went on to study Physical Education and qualified as a PE teacher in 2016. The A-level course acted as a fantastic foundation of learning and both inspired me to follow teaching as a career and in my personal life as a hobby and coaching pathway in Netball.’

Emily Wolstenholme,
LGGS PE Teacher & Alumna

observation and analytical skills which are highly sought in future employment or study. In previous years students have studied PE alongside Biology and Psychology, enjoying the similarities and differences between them, although it has also been combined with a wide range of other subjects.

The qualification aims to:

- ◇ equip students with essential life-skills and knowledge required for higher education or the world of work
- ◇ offer students the opportunity to experience and develop an interest in a variety of roles in sport
- ◇ develop an appreciation of social, moral and cultural issues which affect participation and performance in physical activity
- ◇ improve the skills necessary to analyse, evaluate and improve performance
- ◇ develop an understanding of the factors influencing performance

Extended Learning Opportunities for this Course

Sports Volunteering, Sixth Form Sports Leadership Team, LGGS Hockey, Football and Netball Teams, Manchester Thunders Netball Tour, Upward Holland Hockey Tour Dance Leadership, England Netball Young Organiser Award

Physical Education AQA Specification

Paper 1: Factors affecting participation in physical activity and sport.	Applied anatomy and physiology Skill acquisition Sport and society	Written exam: 2 hours 105 marks 35% of A-level
Paper 2: Factors affecting optimal performance in physical activity and sport.	Exercise physiology and biomechanics Sport psychology Sport and society and technology in sport	Written exam: 2 hours 105 marks 35% of A-level
Non-exam assessment: Practical performance in physical activity and sport.	Students assessed as a performer or coach in the full sided version of one activity. Written analysis of performance.	Internal assessment and external moderation 90 marks 30% of A-level

‘A level PE helped reaffirm my feelings about wanting to study sport and PE at university and then train to become a PE teacher. PE gave me a basic knowledge to develop from when I started my undergraduate degree. If you are considering going into a sports related career then A-level PE is definitely an A-level you should consider as it not only covers sport science but also coaching, performance and analysis.’

Katy, School Leaver 2013