

# Physical Education

OCR

## Why study this subject at Hayesfield?

PE is for students who play or coach regularly and have a real interest in the theory behind sport. The course explores the physiology, psychology and sociology of athletes and can lead to numerous career opportunities.

## Course content

- Physiological factors affecting performance.
- Psychological themes in physical education.
- Performance in physical education
  - Practical assessment of skills in relation to conditioned practices and performance situations in one activity, the candidate can be assessed as a performer or a coach. Evaluation of performance for improvement (oral response).
- Socio-cultural issues in physical education and sport.

## Assessment

- 2 hour exam on physiological factors affecting performance (30%).
- 1 hour exam on psychological factors affecting performance (20%).
- 1 hour exam on socio-cultural issues in physical activity and sport (20%).
- Performance in physical education (30%)
  - Practical performance in one sport (coach or performer)
  - Oral evaluation of performance for improvement.

Hayesfield's PE A Level students not only attain excellent grades but also develop leadership skills working with younger students and outside agencies.

## Entry requirements and subject specific skills

Regular participation or coaching to a high level (club, county or above).

Interest in themes behind sport.

Students should gain a Grade 6 or above in GCSE PE and two Grade 5s in Science GCSE.

Students who have not studied GCSE PE will be admitted on an individual basis.

### This subject works well with

Chemistry, Psychology, Maths, Physics, Applied Science, Biology.

### Extra/Super curricular activities

Sports Clubs, Sports Coaching, Sixth Form Games Evening, Intervention Catch-up Support Evening, Sixth Form Leadership Activities, Sixth Form Fixtures.

## Future Pathways

PE Teacher,  
Sports Scientist,  
Sports Psychologist,  
Physiotherapist,  
Sports Medicine.

## Recent exam success

100% A\* - B (compared to 40% Nationally).  
50% Grade A.