



# PHYSICAL EDUCATION

Kirkham Grammar School follows AQA's post-16 specification for Physical Education. This specification takes a multi-disciplinary approach, encouraging the development of different methods of study and enquiry from a wide range of disciplines, with the focal point being the performer and the performance. This A-level qualification is linear.

Academic PE has developed significantly in recent years, with PE featuring as one of the most popular A-level choices at KGS. The school has excellent facilities for the practical elements of the subject, and a variety of resources to support the teaching and learning of our pupils.

## THE COURSE

### A-Level

#### **Paper 1: Factors affecting participation in physical activity and sport**

- Applied anatomy and physiology
- Skill acquisition
- Sport and society

2 hour written paper (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

2 hour written paper (35% of A-level)

#### **Non-exam assessment: Practical performance in physical activity and sport**

Students are assessed as a performer or coach in the full sided version of one activity. There is also written/verbal analysis of performance.

Internal assessment (30% of A-level)

## **CAREERS**

A-level Physical Education offers the student an opportunity to develop a wide understanding of sport and how it relates to modern day society which includes physiological, psychological and sociological factors underpinning sport.

In recent years students from KGS have gained places at many leading Universities that specialise in the study of sport at degree level and beyond. Many of these students come back to visit and are able to give our current students help and advice on choosing the right place of study for the future.

The specification promotes an appreciation of the foundations and organisation of sport in all our lives and provide a platform for future diverse career options in sport and leisure, including:

Armed Forces PTI

Fitness Consultant

Leisure Consultant

Leisure/Recreation Management

Physiotherapy

Professional Coaching

Professional Sportsmen/women

Sports Development

Sports Medicine

Sports Psychology

Teacher/Lecturer