

PHYSICAL EDUCATION

Welcome to A Level Physical Education where sport meets science, strategy, and serious fun! If you love sport and want to explore how the body and mind perform, this course is for you. Go beyond the pitch to study anatomy, physiology, psychology, biomechanics, and sport's role in society. Lessons are lively and engaging, using real-world examples to bring theory to life. You'll learn how elite athletes train, think, and perform and how sport shapes the world. To succeed, you'll need more than passion; you must be actively involved in sport at a competitive level. Ready to challenge yourself and explore sport from every angle? A Level PE is waiting!

Specific course entry requirements

Students must be actively playing or coaching sport at a competitive level (club, regional, or national). You'll need audio-visual footage of your performance in a competitive setting.

The sport must be from the approved government list (see pages 37 to 41 of the AQA specification). Check our website for more information on this.

How will I be assessed?

- **Two Exams** – 35% each (70% total)
- **Written Coursework** – Analysis of Performance (15%)
- **Practical Assessment** – Performer or Coach (15%)

What will I study?

A Level PE blends theory and practice. You'll study:

- Applied Anatomy & Physiology
- Sports Psychology
- Skill Acquisition
- Sport & Society
- Biomechanics

You'll also complete two practical components:

1. **Performance or Coaching** – Assessed in one sport from the AQA list.
2. **Performance Analysis** – Evaluate strengths and weaknesses, suggest improvements.

This mix of academic and practical learning makes A Level PE ideal for students who want to understand and excel in sport.

Where will this course lead me?

A Level PE opens doors to exciting futures! Whether you're aiming for a career in sport or want a versatile subject, this course delivers.

Many students go on to study degrees like Sport and Exercise Science, Sports Psychology, Physiotherapy, or PE and School Sport. But the skills you gain analysis, communication, leadership, and critical thinking are valued across many careers.

Employers in sport, public services, and the armed forces respect the discipline and teamwork PE students bring.

So whether you're chasing elite sport, helping others improve, or just want to stay active, A Level PE is a strong step toward your future.