



# NOTTINGHAM GIRLS' HIGH SCHOOL

GDST  
GIRLS' DAY SCHOOL TRUST

## SIXTH FORM CURRICULUM GUIDE

### PHYSICAL EDUCATION

AQA

#### ENTRY REQUIREMENTS

It is not necessary to have studied this subject at GCSE in order to take it at A Level.



#### WHY CHOOSE PHYSICAL EDUCATION?

Ever wondered what makes a sports performer tick?

How did they get so great?

Why can they run, throw, jump.....further than us to become the best in the world?

How has sport changed so that world records continue to be broken?

Where did these athletes start their careers?

How did their careers end?

But, it is not just about the elite performer. Why is sport so important for society, communities, health and well-being?

If sport is an interest of yours, then this is the course for you!

#### THE COURSE

Many aspects of sport are covered in this two-year course. It provides a broad spectrum of sporting knowledge that suits all types of learners and their interests.

The content of the AQA A Level in Physical Education is divided into sections. Each section is further sub divided into topic areas.

Section 1: Applied anatomy and physiology

Section 2: Skill Acquisition

Section 3: Sport and Society

Section 4: Exercise physiology

Section 5: Biomechanical movement

Section 6: Sport Psychology

Section 7: The role of technology in physical activity and sport

Section 8: Applied anatomy and physiology

Section 9: Information Processing

Section 10: Exercise physiology

Section 11: Biomechanical movement

Section 12: Sport psychology

Section 13: Sport and society and the role of technology in physical activity and sport

#### HOW YOU WILL BE ASSESSED?

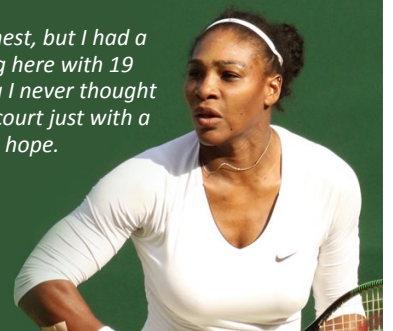
Two papers at the end of the two-year course and a non-examined assessment.

Paper 1 will cover 3 sections: A two-hour paper (worth 35% of your overall grade)

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

*Growing up I wasn't the richest, but I had a rich family in spirit. Standing here with 19 championships is something I never thought would happen. I went on a court just with a ball and a racket and with a hope.*

Serena Williams



Each section is worth 35 marks and comprises multiple choice, short answer and extended writing questions.

Paper 2 will cover 3 sections: A two-hour paper (worth 35% of your overall grade)

- Exercise physiology and biomechanics
- Sport Psychology
- Sports and society and technology and sport

Each section is worth 35 marks and comprises multiple choice, short answer and extended writing questions.

Non-examined assessment: Practical Performance in Physical Activity and Sport (worth 30% of your overall grade)

- Students assessed as a performer or coach in the full sided version of an activity plus a written analysis of performance.

## EXTRA-CURRICULAR

- Skills of performing and/or coaching regularly in a competitive sporting context.

There will be a number of opportunities to represent the school both locally, regionally and nationally at our GDST sporting rallies as performers and facilitators in sport.

- An understanding of the relationships between society and sport nationwide.

We encourage an awareness of sport and physical activity opportunities in your local area and elite routes in your specific sport of interest. This will support the application of many parts of the course to the role of physical education in society.

- At the end of the A Level course the girls will take part in our Sports Awards Evening, which is a wonderful event, to showcase their work, their research and to inspire others through sport.

## TYPES OF LEARNING

Lessons will vary in format from seminar style to research, independent learning, practical and investigative work. Students are expected to keep a log book of their personal sporting achievements and training whether this is as a performer or as a coach. Background reading should be done on a regular basis as well as keeping up to date with current trends by attending sporting events and watching relevant sports competitions available through the media.

## THE SIXTH FORM AND BEYOND

It is not necessary to have studied GCSE in Physical Education to join this course.

The specification builds upon, but does not depend upon, knowledge, understanding and skills from GCSE in Biology, Physics and Physical Education.

This qualification is suitable for learners intending to pursue any career for which an understanding of the human body or human behaviour is desirable. This qualification is also suitable for any further study in social sciences, or as part of a course of general education.

Other avenues of progression for candidates would include careers in: sport and physical activity, PE teaching, Physiotherapy, Personal training and Sports coaching.

*Click here to watch the course introductory video from Head of PE, Mrs Alex Hall.*

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In order to join us in the Sixth Form, we require an average of grade 6 across eight GCSE subjects, including English and Mathematics. See individual subjects for any specific requirements for study at A Level.

For detailed course information on all of the A Level subjects please visit the AQA, Edexcel or OCR websites.

If you have any questions about any aspect of the admissions process, please call 0115 935 4444 or email [admissions@not.gdst.net](mailto:admissions@not.gdst.net)



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